

ST. PADDY'S POTATOES

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3/4 cup)

Nutrition (per serving)

Calories: 153

Total Carbohydrate: 26 g

Total Fat: 4 g

Dietary Fiber: 2 g

Saturated Fat: 0 g

Protein: 3 g

Sodium: 193 mg



Ingredients

- 3/4 cup fresh basil, chopped
- 1/3 cup fresh chives, chopped
- 3 Tablespoons fresh rosemary, chopped
- 2 Tablespoons olive oil
- 2 cloves of garlic, finely minced
- 1 Tablespoon fresh lemon juice
- 1/2 teaspoon lemon peel, grated
- 1/2 teaspoon garlic powder
- 8 cups red skinned potatoes, chopped (about 2.5 pounds)
- Cooking spray
- 1/2 teaspoon salt
- 2 Tablespoons Parmesan, grated



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Directions

1. Preheat the oven to 400 degrees F.
2. In a food processor, blend the basil, chives, rosemary, olive oil, garlic, lemon juice, lemon peel, and garlic powder for about 30 seconds.
3. In a gallon sized zip top bag, toss the chopped potatoes and the herb blend until evenly coated.
4. Pour the potatoes out evenly on a sprayed baking sheet. Sprinkle the salt and grated cheese on top.
5. Bake for 45 minutes with 1 toss after they have cooked for 20-25 minutes.