

Roasted Herb Potatoes

Ingredients:

Vegetable cooking spray
1 pound red potatoes (3 cups cubed), or any variety
2 teaspoons olive oil
1/2 teaspoon rosemary
1/2 teaspoon salt

Directions:

Preheat oven to 450 degrees. Coat baking sheet with vegetable cooking spray. Wash potatoes and cut into 1/2- inch cubes. Place in large bowl. Combine oil, rosemary and salt. Pour mixture over potatoes, stirring to coat evenly. Spread potatoes on baking sheet. Bake 35-40 minutes or until they begin to brown.

20% calories from fat.

More Ideas for Potatoes

- Bake potatoes and serve plain or with toppings.
- Mash potatoes, alone or with carrots or squash.
- Add potatoes to vegetable soup.

Source: Recipe and Potato Ideas adapted from Cornell Cooperative Extension Get Fresh! at Your Farmer's Market program, 2001.

Nutrition Facts

Serving Size 1/4 of recipe (117g)
Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4