

ROASTED RED BLISS POTATOES

INGREDIENTS:

20 each	Red Bliss Potatoes, quartered lengthwise
2 teaspoons	Olive Oil
1/2 teaspoon	Salt
1/2 teaspoon	Black Pepper

METHOD:

- Preheat oven to 450 degrees F.
- Wash but do not peel potatoes; quarter them and store in water until needed.
- Steam potatoes until slightly fork tender but still resist when pierced.
- Spread out on a greased sheet tray and cool.
- Toss cooled potatoes with Olive Oil with salt and pepper.
- Spread out evenly on a greased sheet tray, make sure not to crowd them together.
- Roast for 10 minutes or until they start to brown slightly.
- Cool.

Serves: 30

Serving Size: 1/4 cup

Calories: 40

Fat: 1 gram

Sodium: 60 milligrams

Carbohydrate: 7 grams

Fiber: 1 grams

Protein: 1 grams