



Roasted Potatoes

Serving Size: ~5 Servings (145 grams serving size)

Time

Prep Time: 15 minutes

Cook Time 25-30 minutes (depending on oven)

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| 3 large potatoes | 1/8 cup Olive Oil | 1 tablespoon Mince Garlic |
| 1/2 teaspoon Dried Basil | 1/2 teaspoon dried marjoram | 1/2 teaspoon dried dill weed |
| 1/2 teaspoon of thyme | 1/2 teaspoon of oregano | 1/2 teaspoon of dried parsley |
| 1 teaspoon of crushed red pepper flakes | | |

Optional

- 1/2 teaspoon of salt

Directions

Prep

Wash the exterior of the 3 large potatoes, to remove dirt and sprouts (might have to pick them off), and cut the 3 large potatoes into cubes. Soak in water for a minimum of a few hours (I do it overnight) drain water before proceeding to marinate

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Marinate

Place the 3 large potatoes in a container to marinate, add the seasoning (1/8 cup Olive Oil, 1 tablespoon Mince Garlic, 1/2 teaspoon Dried Basil, 1/2 teaspoon dried marjoram, 1/2 teaspoon dried dill weed, 1/2 teaspoon of thyme, 1/2 teaspoon of oregano, 1/2 teaspoon of dried parsley, 1 teaspoon of crushed red pepper flakes, 1/2 teaspoon of salt (optional). Shake container to help distribute seasoning evenly throughout the cubes. Place in refrigerator for at least 20 minutes.

Cooking

Preheat oven to 480 degrees. Place marinated potatoes on a stick free surface (I use avocado oil spray on tinfoil) make sure the 3 large potatoes are evenly spread and not on top of each other throughout the cooking tray. Cook for 25-30 minutes.