

Herbs and Garlic are a Potato's Best Pals!



Herb and Garlic Roasted Potatoes

Serves: 4 | *Serving Size:* 1 cup

Ingredients:

1 and 1/2 pounds red potatoes, washed and cut in chunks
1 tablespoon olive oil
3 garlic cloves, minced fine
1 teaspoon chopped fresh rosemary
1/2 teaspoon dried thyme
1 teaspoon dried oregano
1/4 teaspoon black pepper

Directions:

Preheat the oven to 375° Fahrenheit.

Toss the potatoes with the rest of the ingredients in a medium bowl.

Place the mixture in a baking pan and cover the top with foil.

Roast until potatoes are very tender, about 1 hour.

Serve hot, garnished with a sprig or two of fresh herbs.

Nutrition Information:

Serves 4. Each serving contains 241 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 28 mg sodium, 46 g carbohydrate, 4 g dietary fiber, 3 g sugar, and 6 g protein.

Each serving has 0% DV vitamin A, 51% DV vitamin C, 3% DV calcium, and 11% DV iron.

Did You Know?

According to the study “Polyphenols from the Mediterranean Herb Rosemary (*Rosmarinus officinalis*) for Prostate Cancer,” “rosemary and its polyphenolic diterpenes (carnosic acid and carnosol) are known to possess anti-oxidant activity that may be beneficial for cancer control.”

Oregano, rosemary, and thyme contain antioxidant and anti-inflammatory phenolic compounds, as explored by the study “Identification and Quantification of a Major Anti-Oxidant and Anti-Inflammatory Phenolic Compound Found in Basil, Lemon Thyme, Mint, Oregano, Rosemary, Sage, and Thyme.”

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