

## Herb Roasted Potatoes

### Ingredients

vegetable oil spray  
1 pound potatoes (3 cups)  
2 teaspoon vegetable oil  
½ teaspoon rosemary  
½ teaspoon salt

Makes 4 servings

### Instructions

1. Preheat oven to 450° F, coat baking sheet with vegetable oil spray.
2. Wash and peel potatoes. Cut into ½ inch cubes and place in large bowl. Add oil and toss to coat all pieces.
3. In small dish, combine rosemary and salt. Sprinkle mixture over potatoes, stirring to coat evenly.
4. Spread potatoes on baking sheet. Bake 20-30 minutes or until lightly brown.

### Notes:

- Use any variety of potatoes in this recipe.
- Wash potatoes thoroughly and use without peeling.
- Store potatoes in a cool, dark, dry place for several weeks.
- Prepare recipe with oregano and thyme in place of rosemary.

### Nutrition Facts

Serving Size 3/4 cup  
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 3g      **12%**

Sugars 1g

**Protein 2g**

Vitamin A 0%      • Vitamin C 35%

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

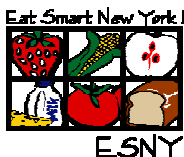
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

23% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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