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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 - 23% calories from fat

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	

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