

Recipe Name **Garlicky Roasted Potatoes**

Ingredients: 2 lbs. small Yukon gold or red New potatoes, cut (if needed) into 1" chunks
 3 Tbsp. avocado oil
 3 cloves garlic, chopped
 1 stem fresh rosemary (optional)
 1 Tbs. Fresh parsley, chopped
 Kosher salt and pepper

Directions

1. Preheat oven to 425 degrees
2. Heat a small skillet over medium heat. Once warm, add avocado oil followed by chopped garlic and (optional) rosemary. Season the oil with salt and pepper and cook the herbs just until the garlic begins to turn golden brown. Immediately remove from heat and strain the oil directly into your rimmed baking sheet or into a bowl to toss with the potatoes. Reserve cooked garlic and optional rosemary in a separate bowl.
3. Place potatoes onto sheet pan tossing with herbed oil. Sprinkle with kosher salt and pepper.
4. Roast potatoes for about 45 minutes, tossing every 15 minutes or so.
5. When potatoes are crispy and golden in color, remove from oven. Add reserved toasted garlic and optional rosemary to potatoes and toss. Taste, adjusting salt/pepper as needed.
6. Sprinkle with chopped parsley and serve.

Nutrition Facts

Servings: 4	
Amount per serving	
Calories	72
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 14.3g	5%
Dietary Fiber 1.5g	5%
Total Sugars 0.6g	
Protein 1.8g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 1mg	3%
Potassium 352mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**