

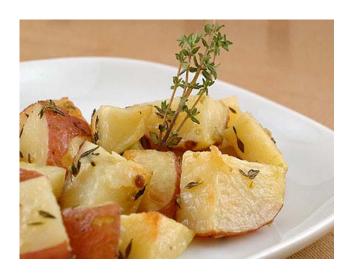
Garlic Potatoes

Ingredients:

1 lb. new red potatoes, cut into large bite size pieces

- 4 garlic cloves, minced
- 1/4 cup fresh parsley, chopped
- 2 tbsp. extra virgin olive oil
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1 tsp. fresh rosemary
- 1/4 cup freshly grated parmesan cheese

Nutrition Facts Serving Size 1 cup (227g) Servings Per Container 3		
Amount Per Serving		
Calories 260 Calories from Fat 110		
% Daily Value*		
Total Fat 13g		20 %
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 300mg 13 %		
Total Carbohydrate 34g 11%		
Dietary Fiber 4g		16%
Sugars 3g		
Protein 4g		
Vitamin A 10% •	Vitamin (C 45%
Calcium 4% •	Iron 10%	
*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 Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Less than Dietary Fiber Calories per gram: Fat 9 Carbohydrate	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g ein 4





Directions:

- 1. Preheat oven to 400 degrees.
- In a medium size baking dish toss potatoes with garlic, parsley, olive oil, salt, pepper and rosemary.
- Cover with foil and bake for 20 minutes or until potatoes begin to get soft. At this time remove from oven and sprinkle with parmesan cheese.
- Return to oven uncovered and cook for an additional 15 minutes or until potatoes look slightly browed.