

# Garlic Potatoes

**Ingredients:**

- 1 lb. new red potatoes, cut into large bite size pieces
- 4 garlic cloves, minced
- ¼ cup fresh parsley, chopped
- 2 tbsp. extra virgin olive oil
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 1 tsp. fresh rosemary
- ¼ cup freshly grated parmesan cheese



<b>Nutrition Facts</b>			
Serving Size 1 cup (227g)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories 260</b>		Calories from Fat 110	
<small>% Daily Value*</small>			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 300mg			<b>13%</b>
<b>Total Carbohydrate</b> 34g			<b>11%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 3g			
<b>Protein 4g</b>			
Vitamin A 10%		• Vitamin C 45%	
Calcium 4%		• Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	<small>Calories:</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	<small>Less than</small>	65g	80g
Saturated Fat	<small>Less than</small>	20g	25g
Cholesterol	<small>Less than</small>	300mg	300mg
Sodium	<small>Less than</small>	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
<small>Fat 9</small>		<small>• Carbohydrate 4 • Protein 4</small>	



**Directions:**

1. Preheat oven to 400 degrees.
2. In a medium size baking dish toss potatoes with garlic, parsley, olive oil, salt, pepper and rosemary.
3. 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.
4. Return to oven uncovered and cook for an additional 15 minutes or until potatoes look slightly browed.