



Oven Roasted Potatoes

INGREDIENTS:

- 1 lb. Red skin potatoes, washed
- Herbs and spices
- Black pepper
- Cooking spray

PREPARATION:

- Wash potatoes; place in a pot of cold water.
- Bring to a boil and then simmer until soft.
- Drain; place in refrigerator until chilled.
- Cut into quarters, place in bowl and toss with herbs, spices and black pepper to taste.
- Spray a sheet tray with cooking spray and lay potatoes in an even layer.
- Bake at 400° for 30 to 40 minutes until golden brown.

Number of servings:	4
Serving Size:	½ cup
Calories:	100
Fat Grams:	none

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14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 // 800.292.2440 // HHHEALTH.COM