



## 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.

<b>Number of servings:</b>	<b>4</b>
<b>Serving Size:</b>	<b>½ cup</b>
<b>Calories:</b>	<b>100</b>
<b>Fat Grams:</b>	<b>none</b>

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