Roasted Herb Potatoes

Ingredients:
Non stick cooking spray
6 russet potatoes
1 tablespoon vegetable oil
1 teaspoon rosemary
1/2 teaspoon salt

Equipment:
Cutting board
Knife
Plastic food storage bag
Measuring spoons
Baking sheet

Number of Servings: 6
Prep Time: 10 minutes
Total time: 35 minutes

Directions
1. Preheat the oven to 450°F. Coat a baking sheet with vegetable cooking spray.
2. Wash potatoes and place on a cutting board. Cut in half lengthwise and lay flat on board. Cut into 1 inch slices, then into bite size cubes.
3. Put potatoes in a plastic bag.
4. Add oil, rosemary, and salt to bag. Close and shake to mix seasonings and potatoes.
5. Open bag and spread the potatoes on the baking sheet.
6. Bake at 450°F for 25 to 30 minutes, or until lightly browned.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 cup</th>
<th>Servings: 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>4%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>182mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0%</td>
</tr>
</tbody>
</table>

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