

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.

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Nutrition Facts

Serving Size: 1 cup
 Servings: 6

Amount Per Serving		
Calories 80		Calories from Fat 18
		%Daily Value*
Total Fat 2g		4%
Saturated Fat trace 1g		1%
Cholesterol 0mg		0%
Sodium 182mg		8%
Total Carbohydrate 14g		5%
Dietary Fiber 1g		5%
Protein 2g		3%
Vitamin A 0%	Vitamin C 25%	
Iron 3%	Calcium 1%	

*Percent Daily Values are based on a 2,000 calorie diet.

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