

LiveBetter with MedWatch

Garlic Potatoes

Ingredients

- 2 pounds (about 18) thin-skinned, red and/or white potatoes
- 1 Tbsp. olive oil
- 1 onion (½ pound), quartered
- 3 Tbsp. minced, drained, oil-packed dried tomatoes
- 1 bulb garlic, cloves peeled
- 2 tsp. fresh rosemary leaves
- fresh rosemary sprigs (optional)
- salt and pepper to taste

Preparation

1. Scrub potatoes.
2. In a 500° oven, heat oil in a 9x13-inch baking pan until hot (about 90 seconds). Add potatoes and onion.
3. Shake pan to coat vegetables with oil. Cook 15 minutes, then add garlic and cook 30 minutes more, stirring vegetables every 10 minutes.
4. Stir tomatoes and rosemary leaves into potato mixture.
5. Remove to small platter and garnish with rosemary sprigs. Add salt and pepper to taste.

Makes 5-6 servings.

Nutrition Analysis



Per serving: 185 calories, 3.6 g fat (0.3 g saturated fat), 4.3 g protein, 35 g carbohydrate, 3.8 g dietary fiber, 44 mg sodium, 0 mg cholesterol



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