

Zesty Herb Potatoes

6 servings

Herbs, spices, citrus juice, and zest add fabulous flavor and color to food without adding salt, fat, or sugar.

- 2 1/2 pounds red potatoes, scrubbed with clean vegetable brush under running water, cubed*
- 3 tablespoons fresh dill, gently rubbed under cold running water, finely chopped**
- 2 tablespoons vegetable oil
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- salt and pepper, to taste

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Preheat oven to 450°F. Spray a large baking sheet with non-stick cooking spray. Place cubed potatoes in an even layer on the prepared pan. Drizzle potatoes with vegetable oil, salt and pepper. Mix to coat.
4. Bake for about 30 minutes, or until potatoes are fork tender and golden brown in color. Stir potatoes halfway through baking.
5. In a small bowl, stir together the minced garlic, chopped dill and lemon juice. Pour mixture over cooked potatoes and toss to coat well. Serve immediately.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



**Use any type of potatoes.*

***Substitute 1 tablespoon of dried dill.*

Nutrition Information per Serving (1/6 of recipe): Serving Size (1 cup): Calories 190 Total Fat 4.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 35g, Fiber 2g, Total Sugars 1g, includes 0g Added Sugars, Protein 4g, Vitamin D, 0% Calcium, 2% Iron, 10% Potassium 15%.