

🥔 ROASTED POTATOES 🥔

A colorful, flavorful, and easy side dish.

🍽️ Serves 4

🛒 Ingredients

- 6 cups fingerling potatoes, cut into 1-inch pieces
- 4 shallots, sliced
or $\frac{3}{4}$ large sweet onion, cut into 1-inch pieces
- 2 large cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon fresh rosemary, chopped (optional)

💡 Note

Purple fingerling potatoes work especially well for this recipe because their bold color makes the dish more interesting.



👨🍳 Instructions

1. Preheat the oven to 375°F.
2. Grease a 9x13-inch casserole dish and set aside.
3. Put the potatoes and shallots in a large bowl.
4. In a small bowl, mix the garlic, olive oil, and salt.
5. Pour over the potatoes and mix well.
6. Transfer to the casserole dish.
7. Cover and bake for 45 minutes.
8. Uncover and bake for 10 more minutes.
9. Serve right away.

🍽️ Serving Idea

A delicious side dish that pairs well with Scrambled Tofu or other savory plant-based meals.

🌟 Nutrition Benefits

- Potatoes provide energy, fiber, and important nutrients.
- Garlic contains powerful antioxidant compounds.
- Shallots and rosemary add flavor and extra plant nutrients.

Nutritional data per serving:

Calories: 237; Total Fat: 7g; Saturated Fat: 1g; Carbohydrates: 44g; Fiber: 6g; Sugar: 6g;
Protein: 4g; Sodium: 600mg

REFERENCE:

Modified from *BRIGHTEN UP BREAKFAST* (MOUTHWATERING AND NUTRITIOUS RECIPES TO
VITALIZE YOUR DAY) by Erica Nedley