

ROASTED ROSEMARY GARLIC POTATOES & ONIONS

gluten & dairy free

serves 6

- 1 1/2 lbs SMALL RED or WHITE POTATOES
- 1 medium YELLOW ONION
- 2 tbsp OLIVE OIL, EXTRA VIRGIN, 100% first cold pressed unrefined
- 1/2 tsp GARLIC POWDER
- SEA SALT AND PEPPER TO TASTE
- 2 tsp ROSEMARY, FRESH, chopped (or 3/4 tsp dried)

1. Preheat oven to 400 degrees F. Spray a large rimmed baking sheet with cooking spray.

2. Cut potatoes into quarters or eighths depending on size and cut onion lengthwise into thick slices, leaving intact. Place potatoes and onions on prepared baking sheet; drizzle with olive oil, garlic, salt, pepper and toss with hands to coat.

3. Roast in oven for 15 minutes, turn with a spatula and continue cooking 10-15 additional minutes until golden brown and crisp. Sprinkle with rosemary, extra salt and pepper if needed, and serve. Serves 6.

VARIATIONS: Use butternut squash or sweet potato with, or for regular potatoes.

NUTRITION INFO PER SERVING: 130 calories, 4.5g fat, 0mg cholesterol, 20g carb, 3g fiber, 2g sugar, 2g protein

SMASHED ROSEMARY GARLIC POTATOES

gluten & dairy free option

serves 10-12

- 3 1/2 lbs POTATOES, RED or YUKON GOLD
- 1 1/2 cups CHICKEN BROTH, LOWER SODIUM*
- 2 tbsp OLIVE OIL, EXTRA VIRGIN, 100% first cold pressed unrefined
- 3 tsp ROSEMARY, DRIED, CRUSHED (or 1-2 tbsp fresh, chopped)
- 2 tsp GARLIC POWDER
- SEA SALT AND PEPPER TO TASTE

**Gluten free option: Use GF chicken broth.*

1. Boil a large pot of water. Add potatoes (unpeeled or peeled, whole or halved) to boiling water. Boil 25-30 minutes or until tender and fork inserts easily.

2. Drain cooking liquid and add warm chicken broth, olive oil, garlic powder, rosemary, sea salt and pepper to cooked potatoes. Mash to desired consistency or use an electric mixer for smoother potatoes. Add more liquid if needed, sea salt and pepper to taste. Top with chopped parsley and drizzle of olive oil if desired. Serves 10-12. Serving size, about 3/4 cup.

VARIATIONS: Use low fat milk for some of the chicken broth, real butter for olive oil, or add fresh parmesan cheese, 1/2 cup reduced fat cream cheese or sour cream.

NUTRITION INFO PER SERVING: 140 calories, 3g fat, 26g carb, 3g fiber, 2g sugar, 3g protein