

Roasted Red Potato & Garlic



- 12 small

red potatoes

- 12 cloves garlic
- 3 tablespoons olive oil
- 2 tablespoons fresh or 1 tablespoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1. Preheat oven to 375°F.
2. Scrub potatoes and pat dry with paper towel. Cut in half and place in glass baking dish. Peel garlic cloves, leaving whole, and sprinkle among potatoes in pan. Pour olive oil over potatoes and garlic, then sprinkle with thyme.
3. Bake in a 375°F oven for one hour or until potatoes are fork tender. Season with salt and pepper.

Yield: 5 servings.

Nutrition Facts		
Serving Size: about 1/5 recipe		
Servings per recipe: 5		
Amount Per Serving		
Calories 226	Calories from fat 72	
		% Daily
Value		
Total Fat 8g		13%
Saturated fat 1g		6%
Cholesterol 0mg		0%
Sodium 225mg		9%
Carbohydrate 35g		12%
Dietary Fiber 3g		13%
Protein 4g		8%
Vitamin A: 1%	Vitamin C: 65%	Folacin: 6%
Calcium: 3%	Iron: 9%	Potassium:
29%		

Source: Modified from original source: "Best of the Best from California Cookbook," Quail Ridge Press, P.O. Box 123, Brandon, MS 39043

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