

## POTATO RECIPES

### GARLIC ROASTED POTATO WEDGES

5 med red potatoes  
¼ cup butter or margarine  
¼ cup grated Parmesan cheese  
1 tsp minced fresh garlic  
½ tsp salt  
¼ tsp pepper

Preheat oven to 425° F. Cut potatoes in half lengthwise; cut each half into 3 wedges and place in a 3-quart saucepan. Add enough water to just cover. Bring to a full boil; lower heat to medium and cook potatoes until tender (8-12 minutes); drain. In a 9 x 9-inch square pan, melt butter in oven for 5-6 minutes. Stir in Parmesan cheese, garlic, salt and pepper. Lift potatoes wedges out of water and place in square pan. Stir to coat potatoes with butter mixture. Bake for 10-20 minutes or until lightly browned. Serves 3-4.

### BAKED SWEET POTATO FRIES

3-4 large sweet potatoes  
1-2 Tbsp olive oil  
½ to ¾ tsp Kosher or ground sea salt  
¼ tsp pepper

Preheat oven to 450°. Scrub potatoes well. Slice potatoes lengthwise in ½-inch slices; cut each slice into ½-inch sticks (fries). Line a cookie sheet with tin foil, shiny side up and spray lightly with cooking oil spray. Drizzle olive oil over potatoes and sprinkle with salt and pepper. Stir to coat all sides of potatoes. Bake for 20-30 minutes or until soft stirring every 5-6 minutes. Serves 4-6.

### HERB ROASTED POTATOES

5 med red potatoes, cut into chunks  
5 Tbsp Dijon mustard  
2 Tbsp olive oil  
1 tsp minced garlic  
1 tsp Italian seasoning

Place potatoes in a lightly greased 9x13x2-inch baking pan or on a shallow jellyroll pan. Combine mustard, olive oil, garlic and seasoning. Pour over potatoes and stir to coat. Bake at 425° for 35-40 minutes or until potatoes are fork tender, stirring occasionally. Makes 4 servings

### POTATOES WITH LEMON

5-6 red potatoes, cut in quarters  
1 Tbsp freshly chopped parsley  
2 Tbs. Grated Parmesan Cheese

#### Dressing:

2 Tbsp olive oil  
2 tsp minced garlic  
2 Tbsp fresh lemon juice  
1 Tbsp whit-wine vinegar  
¼ tsp salt  
½ tsp pepper

Place cup up potatoes in a 3-qt. saucepan; bring to a boil. Cook 12-13 min., or until

tender. Drain well; transfer to a bowl. While potatoes are cooking, combine oil, and garlic in a microwave proof-1-cup container. Microwave on High 1 minute. Stir in lemon juice, vinegar, salt and pepper. Gently toss drained potatoes with dressing.. Serve while immediately while hot. Top with grated Parmesan cheese.