

CRISPY SMASHED POTATOES



August 19

National Potato Day

INGREDIENTS

- 2 Pounds Baby Potatoes
- 4 Tablespoons Olive Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- Fresh Rosemary or Thyme (for garnish)
- Grated Parmesan cheese (optional)

DIRECTIONS

1. In a large pot, add the potatoes and cover them with cold water. Add a generous pinch of salt to the water. Bring the pot to a boil over high heat.
2. Once boiling, reduce the heat to medium and let the potatoes simmer for about 15-20 minutes, or until they are fork-tender. Once the potatoes are cooked, carefully drain them in a colander.
3. Let them cool for about 5-10 minutes. While the potatoes are cooling, preheat your oven to 450°
4. Line a large baking sheet with parchment paper or lightly grease it with a bit of olive oil.
5. Place the potatoes on the prepared baking sheet, leaving some space between each potato.
6. Using the bottom of a glass or a potato masher, gently press down on each potato until it's flattened but still intact. Aim for about ½ inch thickness.
7. Drizzle the smashed potatoes with the olive oil, ensuring each potato gets a good coating.
8. Sprinkle the garlic powder, onion powder, smoked paprika, salt, and pepper evenly over the potatoes.
9. Using a spatula or your hands gently toss the potatoes to ensure they are evenly coated
10. Bake for about 25-30 minutes. Halfway through the cooking time, flip the potatoes to ensure they get crispy on both sides.
11. Once the potatoes are out of the oven, let them cool for a minute. Then, sprinkle some fresh herbs over the top and add Parmesan if you are using it.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

3¼ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup