



INGREDIENTS

- 8 Russet Potatoes
(about 6 ounces each)
- Olive Oil
- Sea Salt
- ½ Cup Butter
- 2 Cloves Garlic (minced)
- 1 Tablespoon Lemon Juice
- ½ Teaspoon Sea Salt
- 2 Tablespoon Fresh Parsley
(minced)

DIRECTIONS

1. Preheat the oven to 425°. Wash and dry your potatoes. Use a sharp knife to make thin slices across the whole potato, without cutting all the way through to the other side. You want the potato to remain whole.
2. Brush the potatoes with olive oil. Fan the potatoes out with your fingers to allow the olive oil to penetrate into the slices. Sprinkle with sea salt and slide into your preheated oven for about an hour or so, until completely crisp on the outside and tender inside.
3. While the potatoes are cooking, melt the butter in a small saucepan and add the garlic, lemon and salt.
4. Simmer gently for a couple of minutes, then add the parsley and take off the heat.
5. Baste the potatoes every 20 minutes or so. Start out using olive oil, but switch to lemon garlic butter for the last 20 minutes.
6. Once the potatoes are tender give them a final coating with lemon garlic butter and serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

8 Potatoes

PORTION SIZES

Toddler: ¼ Potato
Preschool: ½ Potato
School Age: 1 Potato
Adult: 1 Potato