



INGREDIENTS

- 1½ Pounds Small Red Potatoes
- ½ Cup Green Onions (chopped)
- ½ Cup Italian Parsley (chopped)
- ½ Cup Olive Oil
- 2 Teaspoons Sea Salt
- ½ Teaspoon Black Pepper

DIRECTIONS

1. Cover the potatoes with water and boil until just barely fork tender (meaning a fork can pierce a potato and release fairly smoothly).
2. While the potatoes are boiling, preheat the oven to 400° and line a rimmed baking sheet with parchment paper.
3. Next, combine onions, parsley, sea salt, black pepper and olive oil in a small mixing bowl. Using a muddler, crush the mixture together (a mortar and pestle will work great too). This will help to distribute the salt and pepper. But more importantly, the act of muddling releases those beautiful, bright and fresh essential oils locked deep inside the herbs and onions.
4. Once the potatoes are finished boiling, pour the muddled parsley, onions and olive oil over the drained, HOT potatoes.
5. Then pour the potatoes and oil out onto the parchment lined baking sheet and gently smash each potato using the flat bottom of a glass.
6. Bake for 10 minutes, then change the oven to HIGH broil for 2 minutes (keeping a close eye) to crisp the skins.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup