

## Garlic Roasted Potatoes

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### Ingredient List

3 – 4 pounds small red potatoes, washed and cut into small wedges [996 – 1328 calories]  
½ cup olive oil [720 calories]  
1 tablespoon salt  
1 teaspoon black pepper  
3 sprigs of fresh rosemary, leaves removed from stem and finely chopped  
5 – 6 large garlic cloves, crushed

### Recipe

*Serves a crowd (about 8 side servings)*

Calories per serving: 215 – 256

Pre-heat the oven to 425 degrees Fahrenheit. Wash and scrub your potatoes well before slicing. Dice all of the potatoes into wedges, leaving the skin on; if you're working with small red potatoes, you can usually get about 4-6 wedges out of each potato.

In a large bowl, pour ¼ cup of the olive oil into the bottom, then add the diced potatoes. Pour the remaining ¼ cup of olive oil over top, and season well with the salt and pepper. Add the chopped rosemary, and toss the potatoes well to fully combine and coat with oil and seasoning.

Spray a large casserole dish with cooking spray, or line a baking sheet with foil and spray with cooking spray.

*\* With this amount of potatoes, you'll need at least one 9 x 13 inch casserole dish, plus another slightly smaller dish to make it all fit. If you're using the baking sheet, you'll also probably need two. If you don't need this much food, feel free to decrease the potatoes and corresponding ingredients for your needs. \**

Arrange the potatoes in the dish with the skin side up; if the potatoes are not well-diced, this may be tricky, but you can sort of wedge them together so that the majority of them are skin side up. This provides a nice crust for the roasted potatoes. Cover the dish with aluminum foil, and then bake for 20 minutes. Reserve the large bowl with any excess oil/seasonings, and add the crushed garlic to it.

After 20 minutes, remove the aluminum foil and allow the potatoes to cook for another 15 minutes uncovered. Remove the dish from the oven, and using a metal spatula, carefully flip the potatoes over in the dish so that you don't disturb the nice crust that should have formed on the skin side. Cook the potatoes, skin side down, for another 15 minutes or until the flesh has turned a nice golden brown color and is fork tender.

Carefully remove the potatoes from the dish and add to the large bowl with the excess oil/seasonings and crushed garlic. Using the metal spatula, toss the potatoes with the raw garlic. The potatoes will be hot enough to actually just cook the garlic. Taste and adjust the flavor with salt and pepper if desired. Serve with your favorite protein.