Roasted Herb Potatoes

Ingredients:
vegetable cooking spray
1 pound potatoes (3 cups cubed)
2 teaspoons vegetable oil
½ teaspoon rosemary
½ teaspoon salt

Fresh Cooking Tips
• Use any variety of potatoes in this recipe.
• Wash potatoes thoroughly and use without peeling.
• Try making this recipe with oregano or thyme in place of rosemary.

A Child Can Help
• Select potatoes
• Stir seasonings together
• Mix potatoes with oil and seasonings
• Spread potatoes on baking sheet

Keep It Fresh
Store potatoes in a cool, dark, dry place for several weeks.

Directions:
1. Preheat oven to 450 F. Coat baking sheet with vegetable cooking spray.
2. Wash and peel potatoes. Cut into ½ inch cubes and place in large bowl.
3. Combine oil, rosemary, and salt. Pour mixture over potatoes, stirring to coat evenly.
4. Spread potatoes on baking sheet.
5. Bake 25 to 30 minutes, or until lightly browned.

Yields about 4 servings

Source:

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Nutrition Facts
Serving Size 3/4 cup potatoes (4.1 ounces)
Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>300mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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</tr>
<tr>
<td>Sugars</td>
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</tbody>
</table>

Protein 2g

Calcium 0%  Iron 2%

Vitamin A 0%  Vitamin C 25%

Calories: 2000 2,500
Total Fat: Less than 65g 80g
Saturated Fat: Less than 25g 25g
Cholesterol: Less than 300mg 300mg
Sodium: 2,400mg 2,400mg
Total Carbohydrate: 375g 375g
Dietary Fiber: 25g 30g

15.4% calories from fat