

Healthy Roasted Potatoes

Leave skin on 3 medium potatoes—scrub well. Cut into chunks, quarters, wedges or fries and place in large bowl. Drizzle with 1 tablespoon of olive or canola oil; toss to coat. Place in a single layer on nonstick baking sheet.

Roast at 425° F 15-35 minutes (turning once) until golden brown and tender; season to taste with salt and pepper. Serves 4.

Extra flavor add-ins: (sprinkle on with oil)

- ◆ Cajun Potatoes: 2-3 tsp Cajun or Creole seasoning
- ◆ Parmesan Wedges: ¼ cup parmesan cheese; add green pepper strips halfway through roasting.
- ◆ Italian Fries: 2-3 tsp Italian seasoning and ¼ tsp garlic