

Oven Roasted Potatoes (Makes 8 servings)

- 4 large white potatoes, peeled and cut in thin wedges or cubes
- 2 Tablespoons olive oil
- 2 cloves garlic, minced or pressed
- 1/2 teaspoon each dried basil, marjoram, dill weed, thyme, oregano, parsley
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt

Preheat oven to 475°. In a large bowl, combine oil, garlic, herbs, red pepper flakes and salt. Add potatoes and toss until evenly coated. Place potatoes in a single layer on a baking sheet. Roast for 20–30 minutes, turning occasionally for even browning.

Nutrition Information

Per serving (1/8 of recipe): Calories: 90; Fat: 3.4 gm; Saturated Fat: 0.5 gm; Carbohydrate: 13 gm; Sodium: 80; Fiber: 1 gm



*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).
For additional healthy recipes, please visit [uwhealth.org/recipes](https://www.uwhealth.org/recipes).*

