

Fierce Potatoes

Ingredients:

- 2 pounds of red potatoes, peeled and cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- 1 garlic clove, minced
- cooking spray

Directions:

Preheat oven to 400°F. Place the potatoes in a large saucepan, and cover with water. Bring potatoes to a boil. Cover, reduce heat, and let simmer for 5 minutes, then drain.

Combine potatoes, olive oil, dried thyme, salt, and minced garlic in a large bowl, and toss gently to coat.

Spoon mixture onto a 15 x 10-inch jelly-roll pan coated with cooking spray. Bake at 400°F for 15 minutes.

Nutrients per serving:

Calories	66
Total Fat	1.9 g
Cholesterol	0 mg
Sodium	82 mg

Courtesy of: www.cookinglight.com and www.applesforhealth.com