

# Roasted                      Smashed                      Garlic Potatoes

## Ingredients :

1  $\frac{1}{2}$  lbs baby (small) potatoes, rinsed (can be yellow or red, I used a medley that also included purple)

2 tablespoons olive oil

Coarsely ground sea salt, to taste

1 teaspoon minced garlic

Dried parsley flakes (can substitute, thyme, rosemary or your favorite herb)

## Preparation :

Preheat the oven to 450 degrees. Line a large baking sheet with parchment paper and set aside.

Place the potatoes in a large pot and fill  $\frac{1}{2}$ - $\frac{3}{4}$  full with water (more than enough to cover the potatoes).

Shake some salt into the water and cover the pot. Bring the water to a boil and then reduce heat to simmer. Simmer uncovered for 18-20 minutes. Drain the water from the potatoes and transfer the potatoes to the prepared baking sheet.

Allow to cool for 3-5 minutes. Using the back of a cooking spatula, push down on each potato until the skin bursts and it flattens somewhat (see photo) into a smashed "circle."

Drizzle the smashed potatoes evenly with a tablespoon of the olive oil. Sprinkle or grind the salt over the potatoes. Flip the potatoes over and drizzle evenly with the remaining tablespoon of olive oil. Sprinkle or grind additional salt over the potatoes.

Place the baking sheet in the oven for 15 minutes until the potatoes are getting golden on the bottom. Flip the potatoes over, sprinkle with the minced garlic and place them back in the oven for another 15-20 minutes. Remove from oven and sprinkle with parsley.

## **Nutritional Info :**

### **WEIGHT WATCHERS SMARTPOINTS:**

4 per (1/6th)\* serving (SPs calculated using the recipe builder on [weightwatchers.com](http://weightwatchers.com))

### **WEIGHT WATCHERS POINTS PLUS:**

3 per (1/6th)\* serving (P+ calculated using the recipe builder on [weightwatchers.com](http://weightwatchers.com))

### **NUTRITION INFORMATION:**

120 calories, 18 g carbs, 1 g sugars, 5 g fat, 1 g saturated fat, 2 g protein, 2 g fiber (from [myfitnesspal.com](http://myfitnesspal.com))

My 1  $\frac{1}{2}$  pounds of potatoes worked out to be 24 small potatoes, so I just made the servings 4 potatoes each. You may have to adjust based on the size/quantity of your potatoes.

Source : [allrecipes.com](http://allrecipes.com)