

Breakfast Potatoes with Herbs

Ingredients:

- 4 russet potatoes, chopped
- 4 tablespoons olive oil
- 4 garlic cloves, minced
- 2 tablespoons fresh rosemary, chopped or 2 teaspoons dried
- 1/2 teaspoon red pepper flakes
- Pinch of salt and pepper

Directions:

1. Cut the potatoes into 1/2 inch cubes. Add the potato cubes to a large pot filled with cool water. Place over high heat and bring to a boil. Once the water starts to boiling, boil for 2 minutes. Drain water and run potatoes under cool water to stop cooking.
2. Make the garlic herb oil by adding 3 table spoons olive oil to a small skillet with the minced garlic, and chili flakes. Heat over medium-low and bring to a simmer. Reduce heat to low and simmer for 2-3 minutes, being careful not to burn garlic. Remove from heat and let cool slightly.
3. Add one tablespoon of olive oil to a large skillet over medium high heat. Once the oil is hot, add in the potato cubes, forming a single layer over the pan. Season with pinch of salt and pepper. Cook untouched for 5-7 minutes. Flip the potatoes and cook another 4-5 minutes. Add the garlic herb oil and continue to cook until each side of cube is golden and crispy (about another 10-15 minutes).
4. Add additional pepper if desired and serve.

Nutrition Facts

Serving Size 1/2 cup (111g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 2% • Vitamin C 30%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: Blissful Basil

