



Steamed and Roasted Baby Red Potatoes

18 baby red potatoes, washed, scrubbed, and halved

Seasoning for roasting:

1 tablespoon olive oil

5 small cloves garlic, crushed

1 tablespoon fresh rosemary (1 teaspoon dried)

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

¼ teaspoon paprika

Preheat the oven to 450 degrees.

Steam the potatoes: Pour about 2 inches of water into a large pot and bring to a boil. Place a steaming basket in the pot raised just above the boiling liquid. Put the washed and halved potatoes into the basket. Cover the pot, and allow to steam until the potatoes are easily pierced with a fork (about 8 minutes). Turn off the heat and remove the potatoes from the pot.

Roast the potatoes: Pour the olive oil and seasonings in a large baking dish or casserole pan. Add the steamed potatoes and gently toss them until they are completely coated with the mixture. Bake for 12 minutes or until the outsides of the potatoes are crusty, occasionally moving them around to ensure even browning.

Serves 6. *Per Serving: 210 calories, 51 grams carbohydrate, 2.5 grams fat, 0 grams cholesterol, 2.5 grams fiber, 120 mg sodium.*

Adapted from our “Cookbook of the Quarter,” *The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit* by Andrew Weil, M.D. and Rosie Daley, available at Asheville’s Barnes & Noble (discounted 20% through September).

Shop for firm potatoes that are free from soft spots or darkened areas. Avoid potatoes with any green-colored skin as they contain poisonous alkaloids. Store them in a cool (50 degrees is best) and dark place. Do not refrigerate potatoes for the skin darkens and their starch converts to sugar.

Potatoes are such a satisfying food. Unfortunately they have gotten a bad rap for many years as a fattening food that is high in calories. A plain baked potato is actually low in fat, calories, and sodium and yet is rich in potassium. A diet high in potassium may help protect against elevated blood pressure. Potatoes in moderation can be a healthy component of any meal plan.

Your Partners in Health,
Candace and Lucy