



## **Zesty Herb Potatoes**

6 servings

Herbs, spices, citrus juice, and zest add fabulous flavor and color to food without adding salt, fat, or sugar.

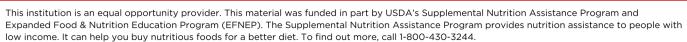
- 2 1/2 pounds red potatoes, scrubbed with clean vegetable brush under running water, cubed\*
- 3 tablespoons fresh dill, gently rubbed under cold running water, finely chopped\*\*
- 2 tablespoons vegetable oil
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- salt and pepper, to taste
- 1. Wash hands with soap and water.
- 2. Rinse and prepare produce.
- 3. Preheat oven to 450°F. Spray a large baking sheet with non-stick cooking spray. Place cubed potatoes in an even layer on the prepared pan. Drizzle potatoes with vegetable oil, salt and pepper. Mix to coat.
- 4. Bake for about 30 minutes, or until potatoes are fork tender and golden brown in color. Stir potatoes halfway through baking.
- 5. In a small bowl, stir together the minced garlic, chopped dill and lemon juice. Pour mixture over cooked potatoes and toss to coat well. Serve immediately.
- 6. Store leftovers in a sealed container in the refrigerator for up to four days.



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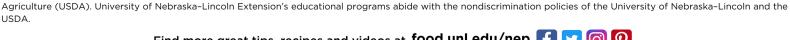
Nutrition Information per Serving (1/6 of recipe): Serving Size (1 cup): Calories 190 Total Fat 4.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 35g, Fiber 2g, Total Sugars 1g, includes 0g Added Sugars, Protein 4g, Vitamin D, 0% Calcium, 2% Iron, 10% Potassium 15%.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of

















<sup>\*\*</sup>Substitute 1 tablespoon of dried dill.