



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Turmeric Rosemary Roasted Potatoes

Serving size: ½ cup roasted potatoes

Ingredients:

- 2 lbs small Fingerling potatoes (cut in half)
- ¼ cup olive oil
- ¼ cup rosemary (chopped)
- 4 garlic cloves (minced) or 2 tsp garlic powder
- 1 tsp turmeric
- ½ tsp salt
- ¼ tsp pepper

Directions:

1. Preheat oven to 400 degrees F. Line baking sheet with aluminum foil.
2. Using a large bowl, toss small fingerling potatoes in olive oil, rosemary, garlic, salt, and pepper.
3. Spread potato mixture evenly on lined baking sheet and roast in the oven until golden brown and tender (~20-25 minutes).



Nutrition Tips:

1. Roasting potatoes in olive oil and herbs is an excellent way to keep the moisture, add great flavor, and incorporate heart-healthy fats in place of the butter or sour cream which are full of saturated fats.
2. Turmeric is commonly used in Asian cuisine, giving a bright orange/yellow color to foods such as curries. Turmeric powder is rich in a chemical called curcumin, known for its anti-inflammatory, antioxidant, anti-fungal, and anti-bacterial properties.
3. When incorporating turmeric in recipes, include a small amount of black pepper (1/8-1/4 tsp), as studies show the active component in turmeric (curcumin) is more readily absorbed and utilized within the body when combined with black pepper rich in piperine.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.