



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Garlic Roasted Potatoes*

Makes 8 servings

### **Ingredients:**

3 lbs fingerling or small red potatoes (cut in half)  
¼ cup olive oil  
2 TBSP garlic (minced)  
1 tsp pepper  
1 tsp salt  
Optional: 2 TBSP fresh rosemary or parsley (minced)



### **Directions:**

1. Preheat oven to 400 degrees F. Line baking sheet with aluminum foil.
2. Using a large bowl, toss potatoes in olive oil, garlic, salt, and pepper until well coated.
3. Transfer potato mixture evenly onto lined baking sheet and roast in the oven until golden brown and tender (~30-35 minutes). Flip twice during the baking process to ensure even browning.
4. Remove potatoes from oven and toss with fresh herbs (rosemary or parsley).

### **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. Potatoes are considered a “starchy vegetable” and therefore should fulfill the starch portion of your balanced plate (similar to pastas, rice, and other grains) rather than replace non-starchy vegetables such as broccoli, carrots, green beans, etc.

### **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.