

Farmers Market Fun Family Recipes

GARLIC ROASTED POTATOES

Serving Size: ¼ Cup

Ingredients

Olive oil spray

1 medium garlic clove

2 teaspoons olive oil

¾ pound red potatoes

Salt and freshly ground black pepper

Instructions

1. Line a baking tray with foil and spray with olive oil spray.
2. Wash potatoes; do not peel. Slice about ½ inch thick.
3. Mix garlic and olive oil together on the baking sheet.
4. Add the potatoes and toss to coat.
5. Spread potatoes over the sheet to form one layer.
6. Place under the broiler for 10 minutes.

– Over –





Nutrition information:

Calories: 87

Carbohydrate: 11 gm

Fiber: 1 gm

Fat: 4.5 gm

Protein: 1 gm

Cholesterol: 0 mg

Sodium: 158 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



7. Turn potatoes over. Return to boiler for 5 minutes.

8. Remove tray to lower shelf for about 5 minutes.

Food Safety First

Research by the National Center for Home Food Preservation confirmed that **mixtures of garlic in oil stored** at room temperature are at risk for the development of a toxin that results in botulism, a potentially deadly foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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