

Smashed Potatoes

Smashed Potatoes



Serves 4, 1 serving is 4 oz for 4 FSP

- 1 lb small-medium redskin potatoes
- 2 tsp olive oil
- 4 cloves garlic, minced
- dried or fresh dill, to taste
- salt and pepper, to taste

1. Preheat oven to 425
2. Bring a large pot of water to a boil. Add in potatoes. Cook potatoes until just cooked, but not all the way done. About 15-20 minutes depending on the size of your potatoes. Test with a thin blade knife for doneness
3. While the potatoes are cooking mix olive oil and garlic.
4. Drain potatoes and cut each in half.
5. Place potatoes, skin side down, on a baking sheet sprayed with non stick spray
6. Using a fork (I think it works better than a potato masher), smash down the potato
7. Brush the olive oil mixture on each potato. Sprinkle with dill and season with salt and pepper.
8. Immediately place baking sheet into the hot oven.

9. Bake 20-30 minutes or until the top of the potatoes are crispy. Serve immediately.