



Smashed Potatoes

This recipe is a great alternative to traditional mashed potatoes and a fun way to get kids involved in the kitchen. They'll have fun smashing the potatoes with a fork, the bottom of a glass or mug, or with a measuring cup, and your family will enjoy added nutrition from the heart healthy olive oil, spices and crispy and flavorful skin.

Ingredients

- 1 ½ pound any kind of baby potatoes (Dutch Yellow, new or red potatoes, or a multicolored mix)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- 2 tablespoons olive oil or other preferred oil
- Salt and Pepper to taste
- ½ teaspoon dried thyme (optional)*
- ½ teaspoon dried sage (optional)*

*This recipe would be excellent with your family's favorite spice blend too. Try with garlic herb blend, or blend of chili powder, a Mediterranean Italian blend, the Middle Eastern blend Za'atar, North African Harissa, Ethiopian berbere, a low sodium Cajon or Creole blend, an Indian Curry blend, or Sumac- known in many cuisines around the world from India to Native American, try the spice blend with Chinese origins known as Five Spice. These potatoes are your family's canvas.

Method

Preheat oven to 450 degrees. Add potatoes to a large heavy bottom pot and cover with water. Season potatoes and water with garlic, onion powder, and salt. Bring to a low boil for 15-20 minutes or until potatoes are soft, but not mushy. Carefully remove potatoes from the seasoned water and evenly distribute them on a foil-lined sheet pan.

Gently smash each potato with a fork, glass, or measuring cup until about ½ inch thick. If they're too thin they'll fall apart or burn. Using a basting or pastry brush, brush each potato with oil and season with salt pepper, thyme, and sage (or other preferred spices). Place in oven and bake until golden brown and crispy, about 15-20 minutes. Serve hot.