

Herbed Baby Potatoes

Serves 6

Ingredients:

1 ½ pounds unpeeled small red potatoes, quartered
2 tablespoons light margarine, melted
Vegetable oil spray, preferably olive oil flavored
2 tablespoons minced fresh parsley
1 tablespoon chopped fresh oregano or 1 teaspoon dried, crumbled
½ teaspoon paprika
½ teaspoon garlic powder
Freshly ground pepper to taste
2 tablespoons minced fresh parsley (optional)

Note: You can use fresh or dried herbs

Directions:

1. Preheat oven to 350° F.
2. In a 2-quart casserole dish, toss potatoes in margarine to coat each piece. Spray potatoes lightly with cooking spray.
3. Stir in remaining ingredients except optional parsley.
4. Bake for 30 to 40 minutes, or until lightly browned. Sprinkle with remaining parsley.

Nutrient Analysis:

Calories 119
Protein 2g
Carbohydrates 24g
Total Fat 2g
Saturated Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg
Sodium 54mg