

Roasted Potatoes

Ingredients

- 6 small-medium potatoes cleaned and halved
- 1/4 cup butter
- Optional seasonings:
 - Seasoning salt
 - Parmesan
 - Garlic
 - Other spices according to personal preference

Recipe taken from: [://www.thereciperebel.com/no-fail-roasted-potatoes/](http://www.thereciperebel.com/no-fail-roasted-potatoes/)

Instructions

1. Preheat oven to 400 degrees F. While preheating, place butter on a large pan. Place pan in oven to allow the butter to melt.
2. After the butter is melted, remove pan from the oven then sprinkle your seasonings over the butter.
3. Place potatoes cut side down on the pan. Using a spoon gather some of the melted butter and pour it onto the backs of the potatoes.
4. Bake 30-40 minutes, depending on the size of your potatoes. Stick a knife into the potatoes and if it comes out easily without resistance, the potatoes are done.
5. Cool for a full 5 minutes before removing from the pan.

NUTRITION INFO

Serving Size: 2 halves (250 g)

Servings Per Recipe: 6

Amount Per Serving % Daily Value*

Calories 95

Calories from Fat 27

Total Fat 3g 5%

Saturated Fat 2g 10%

Cholesterol 10mg 3%

Sodium 44mg 2%

Potassium 439mg 13%

Total Carbohydrates 13g 4%

Dietary Fiber 2g 8%

Protein 2g 4%

Calcium 3.3%

Iron 19.2%

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Pantry Location & Time:
**School of Family and
Consumer Sciences**
Room 187-5PM to 7PM

