

Greek Style Roasted Lemon Potatoes

*Sara Moulton - Associated Press
Scripps Treasure Coast Newspapers*

Servings: 6

*2 pounds Yukon Gold potatoes
Kosher salt
1/4 cup fresh lemon juice
1 tablespoon extra-virgin olive oil
1/4 cup extra-virgin olive oil
3 tablespoons chopped fresh parsley
1 tablespoon chopped fresh oregano
black pepper (to taste)*

Preparation Time: 20 minutes

Preheat the oven to 450 degrees.

Peel the potatoes and cut them into one-inch pieces. In a medium saucepan, combine the potatoes with salted cold water (cover the potatoes by two inches). Bring the water to a boil. Reduce the heat and simmer the potatoes for 5 minutes.

While the potatoes are simmering, in a large bowl, whisk together the lemon juice and 1/2 teaspoon of salt until the salt is dissolved. Whisk in one tablespoon of olive oil.

Drain the potatoes well. While they are still hot, add them to the bowl and toss. Leave them in the bowl for 15 minutes, stirring several times to make sure that the liquid is well distributed. Add the remaining 1/4 cup of olive oil and combine well, being careful not to break up the potatoes.

Line a rimmed sheet pan with parchment paper or aluminum foil. Brush the foil with oil. Transfer the potatoes to the pan and spread them out in one layer.

Roast the potatoes on the middle shelf of the oven, turning them several times, until they are golden brown, about 30 to 35 minutes. Remove them from the oven.

Toss the potatoes with parsley, oregano and pepper to taste.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 228 Calories; 11g Fat (44.7% calories from fat); 4g Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|----------|-----------------------------|-------|
| Calories (kcal): | 228 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 44.7% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 48.9% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 6.5% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 11g | Folacin (mcg): | 4mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 8g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Protein: | 10.0% |
| Carbohydrate (g): | 28g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 0 |
| Protein (g): | 4g | Lean Meat: | 0 |
| Sodium (mg): | 10mg | Vegetable: | 0 |
| Potassium (mg): | 24mg | Fruit: | 0 |
| Calcium (mg): | 5mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 2 1/2 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 39mg | | |
| Vitamin A (i.u.): | 105IU | | |
| Vitamin A (r.e.): | 10 1/2RE | | |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 228 **Calories from Fat:** 102

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 11g | 17% |
| Saturated Fat 2g | 8% |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrates 28g | 9% |
| Dietary Fiber 2g | 8% |
| Protein 4g | |
| Vitamin A | 2% |
| Vitamin C | 66% |
| Calcium | 0% |
| Iron | 8% |

* Percent Daily Values are based on a 2000 calorie diet.