

Roasted Potatoes with Shallot Vinaigrette

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the bottom with tape or glue and drop it in your recipe box for future inspiration!

Nutritional Bonus: Potatoes get a bad reputation for being high in fat and calories, but if you skip the butter, they're actually incredibly low in both! Spuds are also high in fiber and potassium, plus they're a great source of 60 different vitamins and phytochemicals, the latter of which are plant compounds that may help counteract cancer-causing carcinogens.

INSTRUCTIONS:
ONE: Preheat oven to 425°F. In a 9 x 9-inch roasting pan, combine potatoes, ½ tbsp oil, salt and pepper; toss well. Transfer to oven and roast until potatoes are golden brown and tender when gently pierced with a fork, 18 to 22 minutes.
TWO: In a large heat-proof bowl, whisk remaining 1 tbsp oil, shallot, vinegar and Dijon with a fork until combined. With a slotted spoon, remove potatoes from pan, transfer to bowl and toss to coat. Top with chives just before serving. Serve warm or at room temperature.

FOLD LINE

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Serves 4. Hands-on time: 10 minutes. Total time: 25 minutes.



INGREDIENTS:

- 16 mini redskin potatoes, scrubbed well and halved
- 1½ tbsp olive oil, divided
- Pinch each sea salt and fresh ground black pepper
- 1 small shallot, finely chopped
- 1½ tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh chives

Nutrients per ¼-cup serving: Calories: 206, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 37 g, Fiber: 4 g, Sugars: 2 g, Protein: 4 g, Sodium: 74 mg, Cholesterol: 0 mg