

# Crispy Smashed Potatoes

★★★★★  
template approved



prep time  
~10 minutes



total time  
~55 minutes



servings  
6



## Ingredients

- 1.5 lbs/675 grams Baby potatoes  
~ 7 servings of carb
- 3 Tbsp Olive oil ~ 3 servings of fat
- 2 tsp Granulated garlic
- 1 Tbsp + 1.5 tsp Kosher salt
- 3 Tbsp Fresh herbs such as dill, chives  
and or parsley (optional for plating)

## Instructions

- 1 Preheat the oven to 450° F.
- 2 Bring a large pot of water along with 1 tablespoon of salt to a rapid boil.
- 3 Add in baby potatoes and cook for 20 minutes, until very soft. Remove from water and allow them to sit in a colander for 5 minutes until completely dry.
- 4 Brush a large baking sheet with 1 tablespoon of olive oil. Arrange potatoes on a baking sheet. Using the bottom of a glass cup/mason jar gently press down on potatoes until potatoes are ¼ inch thick. Brush with remaining olive oil and season with remaining salt and garlic.
- 5 Bake for 25 minutes until crispy. Top with herbs when serving, if desired.



Whole Recipe Breakdown:

Protein Servings: 0

Carb Servings: 7

Fat Servings: 3

Veggie Servings: 0