



Smashed Salt & Vinegar Potatoes



prep time
10 minutes



total time
70 minutes



servings
9

Ingredients

- 2 pounds/900 grams baby potatoes
~ 9 servings of carb
- 3/4 cup + 2 TBSP apple cider or white vinegar
- 1 tbsp kosher or flake salt
- 1/3-1/2 cup olive oil ~ 6-8 fat servings
- 2 tsp onion powder
- 2-3 garlic cloves
- Black pepper to taste

Instructions

- 1 Preheat your oven to 450 degrees. Place the potatoes and 3/4 cup vinegar in a large pot. If the potatoes are not covered completely, top up with water.
- 2 Bring to a boil, then reduce to a simmer. Cook until the potatoes are fork-tender, approximately 20 minutes. Drain the potatoes and transfer them to a rimmed baking sheet.
- 3 Smash each potato firmly with the bottom of a cup or mug.
- 4 Toss the potatoes with olive oil, onion powder, garlic, salt, and pepper. It's ok to lightly break the potatoes as you toss.
- 5 Transfer to a baking sheet and then put in the oven and bake for 25-30



minutes. Potatoes should be light golden brown. Broil on high for another 5-10 minutes or until the potatoes have reached your desired level of crispiness.

- 6 Remove the potatoes from the oven and toss with the remaining 2 tbsp of vinegar and salt if desired.
- 7 Feel free to serve with greek yogurt and fresh chives

Whole Recipe Breakdown:

0 Servings Protein
9 Servings Carb
6-8 Servings Fat
0 Servings Veggies

side dish

