

Smashed Salt & Vinegar Potatoes

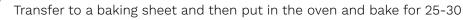
prep time 10 minutes



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## Instructions

- 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.
- 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.
  - Smash each potato firmly with the bottom of a cup or mug.
  - Toss the potatoes with olive oil, onion powder, garlic, salt, and pepper. It's ok to lightly break the potatoes as you toss.





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



## 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