



Lemon Potatoes

Cook time: 45 minutes

Makes: 4 Servings

Potatoes are cut and coated with a blend of lemon juice, garlic, and oil and then baked until flaky and golden brown. Brush potatoes with remaining lemon mixture and serve warm.

Ingredients

- 3 medium potatoes
- 1 lemon, juiced (about 1/4 cup of lemon juice)
- 1 clove garlic (minced)
- 2 tablespoons oil (olive, canola, vegetable)

Directions

Nutrition Information

| Nutrients | Amount |
|--|--------------|
| Calories | 188 |
| Total Fat | 7 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 10 mg |
| Total Carbohydrate | 29 g |
| Dietary Fiber | 4 g |
| Total Sugars | 2 g |
| Added Sugars included | 0 g |
| Protein | 3 g |
| Vitamin D | 0 mcg |
| Calcium | 22 mg |
| Iron | 1 mg |
| Potassium | 694 mg |
| N/A - data is not available | |
| MyPlate Food Groups | |
|  Vegetables | 3/4 cup |

1. Heat the oven to 375 degrees.
2. Combine $\frac{1}{4}$ cup lemon juice, 1 minced garlic clove and 2 tablespoons of oil.
3. Peel the potatoes and cut into 1-inch pieces.
4. Pour $1\frac{1}{2}$ tablespoon of oil and lemon juice in a casserole dish or small baking pan to coat the bottom of the dish.
5. Place the potatoes in the pan and coat with the oil and lemon juice mixture.
6. Bake about 30 minutes, until potatoes are tender.
7. After removing from the oven, brush the remaining oil and lemon juice on the baked potatoes. Serve warm.

Source: USDA Center for Nutrition Policy and Promotion