

Parmesan Encrusted Potatoes



Program: Consumer

Short Description: An easy way to top off potatoes with parmesan cheese

Long Description: Roasted yellow potatoes encrusted with parmesan cheese and garnished with fresh parsley and thyme

Servings/portion size: 10

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Total Time: 65 minutes

Potato Type: Yellow Potatoes

Course: Breakfast, Brunch, Lunch, Dinner, Snack, Side Dish

Ingredients:

- 2 lbs. (907 g) Yellow Potatoes (Halves)
- 1 qt (946 ml) Vegetable stock
- 1 ea (58 g) Lemon (Sliced)
- 4 ea (12 g) Garlic Cloves, Whole
- 1 tbsp (17 g) Salt
- 2 cups (180 g) Grated Parmesan Cheese
- 3 tbsp (44 ml) Olive Oil
- 1 tsp (1 g) Parsley (chopped)
- 1 tsp (1 g) Thyme leaves

Preparation:

1. Gather all ingredients and equipment needed.
2. Preheat the oven to 375°F (190°C).
3. Rinse and peel potatoes, cut into halves.
4. In a pot, add vegetable stock, sliced lemon, garlic, and yellow potato halves, and turn on the heat to high and bring to a boil; then reduce to a simmer and cook potatoes for 30 minutes or until just fork tender. Drain potatoes and shake off excess liquid and let cool slightly.
5. On a non-stick baking sheet/tray, drizzle olive oil and parmesan cheese evenly, place potato halves, flat side down, and place in the preheated oven for 15 minutes or until parmesan cheese gets crisped and light golden in color.
6. Remove the baking tray from the oven and let cool slightly; using a flat spatula, carefully lift off the potatoes and place them on the serving dish or platter, flat side up, and garnish with chopped parsley and thyme.

Notes

- For best results, use a silicone baking mat

Nutrition Facts	
servings per container	
Serving size	(122g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 700mg	30%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 2mg	10%
Potassium 33mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Vitamin C: 17.91 mg