

Lemon Garlic Roasted Potatoes

These lemon garlic roasted potatoes balance flavor and nutrition, supporting weight management, cholesterol improvement and heart disease risk reduction. This easy potato side dish is low in sodium but high in flavor.

Ingredients:

- 1 pound unpeeled new potatoes
- Nonstick cooking spray
- ½ Tbsp lemon juice
- ½ teaspoon garlic powder

Preparation:

Preheat oven to 350 degrees. Bring four cups of water to a boil. While the water heats, wash potatoes, drain them and cut them in half. Add them to the boiling water and return water to a boil. Reduce the heat and cook three to four minutes, then drain. Place potatoes in a pan sprayed with nonstick cooking spray. Sprinkle potatoes with lemon juice and garlic powder and roast until tender and well browned (about 10 to 20 minutes).

Yield: 6 servings (serving size ½ cup)

Nutritional Data Per Serving

- Calories: 68
- Fat: <1 gram (0% of calories)
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- Cholesterol: 0 mg
- Sodium: 4 mg

