

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Brown Butter and Herb Skillet Potatoes

From www.paleomg.com

3 pound gold potatoes, thinly sliced
1 stick of unsalted butter or 8 tablespoons of ghee
1 heaping tablespoon minced sage
1 heaping tablespoon minced rosemary
1 heaping tablespoon minced thyme (plus extra thyme for garnishing)
Coarse ground salt (if you don't have this, fine ground salt will work too)

1. Preheat oven to 375 degrees F. Thinly slice potatoes using a mandolin slicer or food processor with the slicing attachment. Arrange potatoes in any formation in a 10" cast iron skillet.
2. Place a medium sauté pan over medium heat. Add butter and once it melts, add sage, rosemary and thyme then cook for about 5-7 minutes, stirring continuously, until the butter has browned then remove from heat.
3. Pour butter herb mixture over the potatoes, using a brush to get in the crevices of all the potatoes. Place extra thyme on top of potatoes and sprinkle with a couple hefty pinches of salt.
4. Place in oven to cook for 1 hour and 15-30 minutes. Check out 1 hour and 15 minutes to see if the potatoes are completely cooked through.
5. Serve immediately and eat up!