

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Roasted Smashed Potatoes

From "The Costco Connection" – November 2011

Makes 4 to 6 servings

2 pounds small red potatoes*
6 Tbsp extra virgin olive oil
1 tsp chopped fresh thyme
Salt and pepper

1. Adjust oven racks to top and bottom positions and heat oven to 500°F. Arrange potatoes on rimmed baking sheet, pour $\frac{3}{4}$ cup water into baking sheet and wrap tightly with aluminum foil. Cook on bottom rack until paring knife or skewer slips in and out of potatoes easily (poke through foil to test), 25 to 30 minutes. Remove foil and cool for 10 minutes. If any water remains on baking sheet, blot dry with paper towel.
2. Drizzle 3 Tbsp oil over potatoes and roll to coat. Space potatoes evenly on baking sheet and place second sheet on top; press down firmly on baking sheet, flattening potatoes until $\frac{1}{3}$ to $\frac{1}{2}$ inch thick. Sprinkle with thyme, season with salt and pepper to taste, and drizzle evenly with remaining 3 Tbsp oil.
3. Roast potatoes on top rack for 15 minutes, and then transfer potatoes to bottom rack and continue to roast until well browned, 20 to 30 minutes longer. Serve immediately.

*This recipe is designed to work with potatoes $1\frac{1}{2}$ to 2 inches in diameter; do not use potatoes any larger. It is important to thoroughly cook the potatoes so that they will smash easily. Remove the potatoes from the baking sheet as soon as they are done browning – they will toughen if left too long. A potato masher can also be used to "smash" the potatoes.