

ROASTED POTATOES

Roasted potatoes are super easy to make and you can make a lot of them so you have enough beautiful satiating potatoes for the whole week. The secret to roasting without oil is parchment paper and a casserole dish that has a cover or can be covered.

Ingredients:

* Potatoes, chopped (of course)
* 1 onion, chopped (optional)
* 2 cloves garlic, chopped (optional)
* Mushrooms, sliced (optional)
* Your favorite no salt seasoning like: Kirkland No Salt Seasoning, Mrs. Dash, Benson’s Table Tasty.

Method:

1. Preheat oven to 350 degrees F. Line a casserole dish with parchment paper and set aside.
2. Wash and chop your potatoes into approximately 1-inch cubes. Leave the skins on for the nutrition.
3. If you are using, chop the onion, garlic and mushrooms as well.
4. Put the potatoes, onion, garlic, and mushrooms into the casserole dish and sprinkle with your favorite no salt seasoning.
5. Cover the casserole dish and put in the oven. Roast for 30 minutes with the lid on.
6. After half an hour, remove the lid and roast for another 30 minutes until they have browned slightly.
7. Eat straight away or let cool completely and store in the fridge for up to a week in glass storage jars.

POTATO CROUTONS

If your roasted potatoes are still lurking in your fridge by the end of the week, the best way to use them is in the form of croutons. This adds a much-needed satiating starch to your salads so you will feel fuller longer.

Simply throw them in the air fryer for 20 minutes until they come out nice and crisp.

Or, if you don’t have an air fryer, line a cookie sheet with parchment paper and spread the potatoes on it and bake in the oven for 20-30 minutes on 425 degrees. Like bread croutons, you want that crispiness. So, bake them as long as you need to without causing a house fire.

Using whatever method, after they are done you can let them cool completely and store in a glass container lined with paper towel in the fridge. Add as many of them as you like to your salads. They are yummy!