

Lemon Potatoes

Rating: ★★★★★

Cook time: 45 minutes

Makes: 4 Servings

Potatoes are cut and coated with a blend of lemon juice, garlic, and oil and then baked until flaky and golden brown. Brush potatoes with remaining lemon mixture and serve warm.

Ingredients

- 3 medium potatoes
- 1 lemon, juiced (about 1/4 cup of lemon juice)
- 1 clove garlic (minced)
- 2 tablespoons oil (olive, canola, vegetable)

Directions

1. Heat the oven to 375 degrees.
2. Combine ¼ cup lemon juice, 1 minced garlic clove and 2 tablespoons of oil.
3. Peel the potatoes and cut into 1-inch pieces.
4. Pour 1½ tablespoon of oil and lemon juice in a casserole dish or small baking pan to coat the bottom of the dish.
5. Place the potatoes in the pan and coat with the oil and lemon juice mixture.
6. Bake about 30 minutes, until potatoes are tender.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	188	
Total Fat	7 g	11%
Protein	3 g	
Carbohydrates	29 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	10 mg	0%

MyPlate Food Groups

Vegetables	3/4 cup
------------	---------

7. After removing from the oven, brush the remaining oil and lemon juice on the baked potatoes. Serve warm.

USDA Center for Nutrition Policy and Promotion