JENNI MARIE'S TEST KITCHEN

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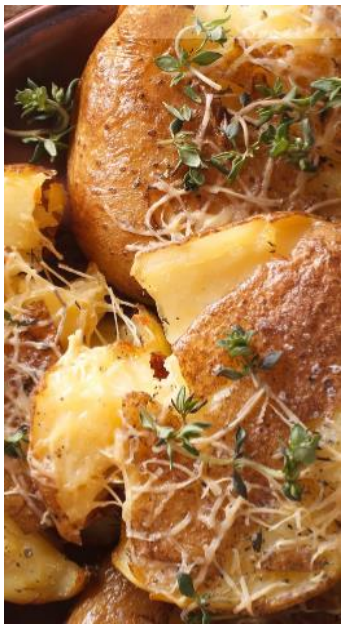
Crispy Smashed Potatoes

Serves 2-3 People



Equipment Needed:

- **Parchment Lined Baking Sheet**
- **Large Saucepan**
- **Tongs**
- **Drinking Glass or Other Tool to Smash the Taters**
- **Small mixing Bowl**
- **Measuring Cups & Spoons**

Directions:

1). Rinse potatoes and add to a medium sauce pan. Fill with cold water until potatoes are submerged. Add 1 T. kosher salt, and bring to a boil. Cook until potatoes are fork tender, about 20 minutes. Meanwhile, Preheat oven to 450*F, and line a baking sheet with high heat parchment paper. Set Aside**.**

- ***10-15 Baby Gold (or baby red) Potatoes***
- ***3-4 Cups of Cold Water***
- ***1 T. Kosher Salt***

2). Combine garlic powder, onion powder, paprika, salt and pepper in a small bowl and mix well. Set aside. Drain water from potatoes. Transfer cooked potatoes to lined baking sheet. Spray the bottom of a drinking glass (or other flat object) with cooking spray and smash each potato to about 1/4"-1/2" thick. Brush each potato generously with olive oil (I use onion oil). Sprinkle some of your spice mixture onto each potato.

- ***1/4 C. Low FODMAP Onion Oil (or regular oil)***
- ***1/4 t. Onion Powder (omit if cooking low FODMAP with onion oil)***
- ***1/2 t. Garlic Replacer (or 1/4 t. garlic powder if not cooking low FODMAP)***
- ***1/4 t. Paprika***
- ***1/4 t. Black Pepper***
- ***1/2 t. Kosher Salt***

3). Place seasoned smashed potatoes in the oven for 8-10 minutes. Remove potatoes from oven and baste each one with a little more oil, if desired. Turn pan 180 degrees and return to oven for another 8-10 minutes. Remove pan from oven again, and sprinkle a little shredded parmesan on each one and cook for another 3-6 minutes. Cooking times may vary depending on the size and thickness if your taters, so use your best judgement and desired crispiness level. Remove potatoes from oven, garnish with fresh parsley, and serve immediately. These are a big hit in our house. Enjoy!

- ***2 T. Shredded Parmesan***
- ***1 T. Fresh Chopped Parsley (for Garnish)***