

Dino Stomped Crispy Taters



RRRRROARRRR! These baby potatoes look squashed, smashed and pulverized. It's like they've been stomped on by a great T-Rex!

Don't let that fool you! Baby potatoes, fresh off the fields, are a wonderful treat. Sweet on their own, they become crispy when flattened, topped and baked this way!

Ingredients

16 baby potatoes (any colour)
2 tbsp. olive oil
1/2 tsp. salt

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Sweet potatoes are really healthy, but plain ol' white potatoes are good for us too! Both types of tater have almost the same amounts of protein, fibre, vitamins and minerals. Sweet potatoes have more vitamin A and selenium, but white potatoes have more folate and potassium. It's SO important to eat a VARIETY of fruits and vegetables. Whichever type of potato you choose, rest assured you ARE making a healthy choice!

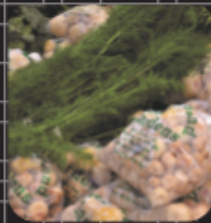


Market Shopping List

Baby potatoes (red, yellow or purple skinned)

Fresh herbs

Makes 4 servings



Southwest Edmonton Farmers' Market



Recipe created by Sheri Hendsbee

Directions

Preheat the oven to 400F and put a piece of parchment paper on a cookie sheet. Set it aside.

Wash your potatoes. Put them whole, with their skins still on, into a saucepan. Cover them with 1" of water and bring to a boil over high heat. Reduce to a simmer and continue to cook for about 15 minutes, until they are tender and easily pierced with a fork.

Drain and set the potatoes aside to air dry and cool down so that you can handle them without burning yourself.

This is the fun part! (It's a little easier if the potatoes are still warm.) Place a potato on the parchment sheet and press down on it with the flat of your hand.

What you want to do is squash the potatoes so they are flattened to a uniform thickness, but still held together. Gently does it here. Don't press too hard! They will "pop" a bit under your palm as the skins split open... it's such a fun feeling! Repeat until all the potatoes are squashed.

Using a pastry brush, a spritzer or your fingers, put the oil on the top surface of the potatoes. Sprinkle with salt. Bake 25+ minutes until they are crispy and a lovely brown around their sides.

Sprouting Chefs

Some recipes are terrific time savers if they can be partially made up ahead of time. This is one of those recipes.

Cook the taters ahead of time. Drain them. Let them cool down. Cover them so they don't dry out and store them in the fridge for a day. At the last minute, take them out of the fridge, squash them, put on the oil, sprinkle them with salt and pop them in the oven. So easy!

Creative Cooks

This recipe is perfect for wonderful, aromatic, fresh market herbs. Top your potatoes with a small dollop of plain yogurt or low fat sour cream. Then, sprinkle each tater with a pinch of fresh parsley, marjoram or thyme leaves (especially lemon thyme!) and dig in!