

CHEF & CHILD FOUNDATION RECIPE COLLECTION

ROASTED POTATOES

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SERVINGS
PER RECIPE: 4



ORIGINAL RECIPE

Ingredients:

- 2 pounds Yukon Gold potatoes, peeled and quartered
- 1/2 teaspoon salt
- 1/2 teaspoon freshly-ground black pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 1/2 tablespoon water
- 2 tablespoons freshly-chopped parsley

DIRECTIONS:

1. Preheat oven to 400°
2. Place the potatoes on a baking sheet. Sprinkle with salt and pepper; drizzle the olive oil and water and add parsley on top. Toss the potatoes to coat. Roast in oven for about 30 minutes, or until golden brown and crispy.

ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 240
Total Fat (g): 5
Saturated Fat (g): 0.5
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 310
Carbohydrate (g): 40
Dietary Fiber (g): 3
Sugars (g): 0
Protein (g): 5
Vitamin A: 4%
Calcium: 0%
Vitamin C: 80%
Iron: 10%

THINGS TO CONSIDER:

- The recipe fits into nutritional criteria for children and could be accounted for a side dish.
- Adding some thyme or garlic could add to the flavor profile of the dish.



Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions; and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.