

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Crispy Roasted Potatoes

#### **Ingredients:**

10 medium gold and sweet potatoes  
¼ cup olive oil  
Salt, pepper, and Italian seasoning (to taste)



#### **Preparation:**

1. Preheat the oven to 450 degrees.
2. Wash and scrub the potatoes really well.
3. Cut potatoes into ¼ inch thick circles.
4. Toss potato circles with olive oil, salt, pepper, and Italian seasoning.
5. Place on a baking sheet and bake for 30 minutes, tossing the potatoes after about 15 minutes.
6. Once potatoes are fully cooked through and crispy serve and enjoy!

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)