Roasted Parmesan Garlic Potatoes

INGREDIENTS:

- 2 large red potatoes
- 1 large russet potato
- 1 large sweet potato
- 1 medium red onion
- 2 Tbsp. olive oil
- 2 Tbsp. unsalted butter, melted
- 5 cloves of garlic, minced
- 1 tsp. dried thyme
- ½ tsp. dried oregano
- ½ tsp. dried basil
- ⅓ c. freshly grated parmesan
- ⅛ tsp. salt
- ⅛ tsp. pepper
- 2 Tbsp. parsley leaves, chopped

DIRECTIONS:

Preheat the oven to 425 F. Wash and slice potatoes and onion into ¼ inch slices*. In a round pie plate, line the potatoes and onion alternately. In a bowl, combine melted butter, olive oil, herbs, salt, pepper, parmesan and minced garlic. Drizzle the mixture over the potato and onion round, brushing the herbs and parmesan left over the top. Place in the oven for 1 hour or until fork tender with crispy edges. Serve warm, with a little fresh parsley and a dash of parmesan.

* Try to match the size of potatoes and onions when arranging them in the pie plate.

NUTRITION:

Makes eight servings. Each servings has 160 calories, 7 g fat, 3 g protein, 21 g carbohydrates, 3 g fiber, and 120 mg sodium.