

# Herb-Roasted New Potatoes

3 lb. of new potatoes (German butterball, Russian banana, all blue or scarlet red flesh)  
3 T. extra virgin olive oil  
1 T. each chopped Italian parsley, rosemary and thyme  
1 whole head of garlic separated into individual cloves (do not peel)  
2 whole bay leaves  
sea salt and freshly ground black pepper

- 1) Preheat oven to 400°F. Wash and scrub the potatoes thoroughly. Allow to dry.
- 2) In a large bowl first coat the potatoes and the garlic cloves with the olive oil and then add the chopped parsley, rosemary and thyme. Mix well. Generously season with sea salt and freshly ground black pepper.
- 3) Spread the potatoes and garlic evenly in a single layer in a shallow baking pan. Bake for about 45 minutes or until the potatoes are tender.

Nutrition (per serving): 241.3 calories; 25% calories from fat; 7.0g total fat; 0.0mg cholesterol; 15.0mg sodium; 978.8mg potassium; 41.1g carbohydrates; 5.2g fiber; 1.8g sugar; 36.0g net carbs; 4.9g protein.