

# Nutrition Education

Potatoes are a great source of vitamin C and potassium, especially when eaten with skin on. They are also fat free. Below is a delicious potato recipe to try:

## Oven Baked Red Potatoes

### Ingredients:

1 pound red potatoes, scrubbed

1 T. olive or canola oil

½ t. salt

½ t. garlic powder

1. Cut potatoes in 1-inch cubes.
2. In large bowl, drizzle oil on potatoes.
3. Lay potatoes on baking sheet with sides.
4. Sprinkle with salt and garlic.
5. Bake in 400 degree oven for about 20 minutes. Test with fork for doneness.

Recipe by OSU Extension Service

