Crispy Smashed Potatoes With Sunflower Dill Cream

About the Recipe

115 Calories · 2 g Protein · 3 g Fiber
Side Dish

Ingredients

Makes 8 Servings

- 16 baby potatoes, any color
- 1 tablespoon (15 mL) olive oil (oil-free option below)
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/4 cup (2 fl oz) Universal Meals Creamy Sunflower Dill Dressing
- Fresh dill for garnish **optional*

Directions

1. Add the potatoes to a pot of boiling water and cook for 16-18 minutes, until fork tender. Drain potatoes and transfer to a baking sheet.
2. Preheat the oven to broil and line a baking sheet with parchment paper.
3. Let potatoes cool for 5 minutes, and then smash each potato down with a spatula. Drizzle with olive oil, if using. Sprinkle potatoes with salt and pepper. Broil for 4-6 minutes until the tops are crispy and brown. Be mindful of the intensity of your broiler as they vary; pull potatoes when they start to brown if it’s before the given time frame.
4. Remove the potatoes from the oven, transfer to a serving dish, and drizzle with sunflower dill cream. Sprinkle with small sprigs of dill for garnish, if using. Serve additional dressing on the side for extra sauce.OIL-FREE: Omit the oil completely; you may need to broil a few extra minutes to get crispy.

Nutrition Facts

Per serving:
Calories: 115
Fat: 3 g
    Saturated Fat: 1 g
    % Calories From Fat: 19%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 22 g
Sugar: 1 g
Fiber: 3 g
Sodium: 166 mg
Calcium: 27 mg
Iron: 2 mg
Vitamin C: 15 mg
Beta-Carotene: 9 mcg
Vitamin E: 1 mg