

# 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

## 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.&nbsp;

# 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