

Healthy Lifestyles

Roasted Potatoes with Sweet Onions and Rosemary

PREP TIME

40 minutes

TOTAL TIME

1 hour

INGREDIENTS

- 2 ½ pounds Yukon Gold potatoes, scrubbed, cut into 1-inch-thick wedges
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 2 medium sweet onions (about 1 pound), cut into 1-inch-thick wedges with root ends
- 1 tablespoon fresh rosemary, chopped

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YIELD

8 servings

EACH SERVING CONTAINS:

Calories: **218**

Fat: **9 g**

Carbohydrates: **32 g**

Protein: **4 g**

Fiber: **3 g**

Sodium: **304 mg**

Potassium: **693 mg**

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INSTRUCTIONS

1. Set racks in upper and lower thirds of oven; preheat to 425 degrees.
2. Place potatoes in a large pot of cold water, cover and bring to a boil over high heat. Uncover and reduce heat to maintain a simmer. Cook until just tender, 5 to 10 minutes (they should be firm, but tender enough to spear with a fork). Drain in a colander; return the potatoes to the pot. Place over the still-warm burner to dry, about 5 minutes.
3. Divide 3 tablespoons oil between two rimmed baking sheets, tilting to coat. Place the pans in the oven to heat for 5 minutes.
4. When the potatoes are dry, drizzle with the remaining 2 tablespoons oil. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Gently toss until coated. Add onions and gently turn with your hands to coat, trying not to break them up.
5. Arrange the potatoes and onions, cut side down, on the hot baking sheets (don't crowd them). Roast until browned and crisp on the bottom, 10 to 15 minutes. Turn the vegetables with tongs and switch the pans (back to front and top to bottom). Roast until browned and crisp on the other side, 10 to 15 minutes more. Remove from heat. Sprinkle with rosemary and the remaining ½ teaspoon salt and ¼ teaspoon pepper.

Tip

Potatoes can be prepared through Step 2 and refrigerated for up to 8 hours. Let stand at room temperature for 1 hour before finishing the recipe.