

Smashed ... and Smothered ... Potatoes!

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THE *Dish*

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Dear Friends,

Yes, I know potatoes are starchy and high carb and that they metabolize into sugar. And yes, green leafy vegetables are healthier. I just can't help it! Sometimes we must have potatoes ... and if you're going to indulge, then I say don't hold back. Just go on and smother some crispy roasted tomatoes with butter and Parmesan cheese!

Smashed Potatoes are the perfect side for burgers, grilled fish, steaks ... well, just about anything. Make sure you prepare enough for everyone to have seconds!

From our home to yours,

Dee Dee

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Smashed Potatoes

Serves 8

INGREDIENTS

- 2 lbs new small potatoes – any variety or a mix
- 4 tbsp olive oil
- 1 tbsp McCormick Mediterranean Spiced Sea Salt*
- ½ tbsp freshly ground pepper
- ½ tbsp dried chives or 1 tbsp fresh chives
- ¼ cup melted butter
- ½ cup grated Parmesan cheese

* You may substitute with other seasonings.



Printer-Friendly Recipe

SOURCES & RESOURCES



McCormick Mediterranean Spiced Sea Salt (Culinary Size)

McCormick no longer sells this “retail”, i.e. in our groceries, but you can purchase the culinary size online. It’s worth it as it’s such a versatile seasoning. I’m also always sharing with family and friends.

[Available here](#)

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“I am so enjoying you and your EE book — planned-meal menus, shopping list, timing (game plan), and notes — all of it.”

Thank you,
Linda

We want to hear from you!

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DeeDee Dalrymple

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