

Oven-Baked Parsley Potatoes

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 5-6 medium red potatoes, washed and cubed
- 1/4 cup ghee, melted
- 1-2 garlic cloves, minced
- 1/4 cup tightly packed, finely chopped flat leaf or curly parsley
- Sea salt and pepper to taste

Instructions:

1. Preheat oven to 350F (180C).
2. Melt ghee over medium heat. Add minced garlic and stir.
3. Place potatoes in a baking dish. Drizzle garlicky ghee over top of potatoes and stir to make sure they are evenly coated.
4. Bake in oven for 35-40 minutes until fork tender.
5. Remove from oven and sprinkle fresh parsley over top of potatoes. Season with sea salt and pepper. Serve immediately.

Notes:

Serves 4-6