



# Potato Bruschetta

**Ready Time: 50 min**

Prep Time: 20 min

Cook Time: 30 min

## Ingredients:

- 1 lb. small russet potatoes
- 3 tablespoons extra virgin olive oil, *divided*
- 3 tablespoons freshly grated Parmesan cheese, *divided*
- 1/2 teaspoon sea salt
- 1/4 to 1/2 teaspoon crushed red pepper (to taste)
- 2 cups diced fresh ripe tomato
- 2/3 cup small fresh mozzarella pearls (or 1/4 inch cubes)
- 2 tablespoons white balsamic vinegar (can substitute with regular balsamic vinegar)
- 2 cloves garlic, minced
- 1/4 cup snipped fresh basil

## Directions:

Serves: 8 people

- 1.** Preheat oven to 425°F. Line 2 baking sheets with foil and lightly oil or spray with olive oil cooking spray. Slice potatoes 1/4-inch thick and discard small, rounded ends.
- 2.** Place in a medium bowl with 2 tablespoons olive oil and toss well to coat. Add cheese, salt and red pepper and toss again to coat as evenly as possible. Place in a single layer on baking sheet and cook for 25 minutes. While potatoes are cooking, stir together remaining oil, tomatoes, mozzarella, balsamic, and garlic in a medium bowl.
- 3.** Top potatoes with equal amounts of tomato mixture and bake for 5 minutes more or until cheese is just starting to melt; sprinkle with basil. Serve warm or at room temperature.

*Nutritional analysis per serving:*

Calories: 170, Fat: 9g, Saturated Fat: 3.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 220mg, Potassium: 429mg, Carbohydrates: 15g, Fiber: 2g, Sugar: 2g, Protein: 6g, Vitamin A: 10%, Vitamin C: 25%, Calcium: 15%, Iron: 4%

# POPULAR POTATO DISHES ARE HEALTHY, AFFORDABLE AND EASY TO PREPARE!

**Peel back the truth.** You'll discover potatoes are one of the least expensive items in the produce department, and one of the most nutritious.

**And talk about potato appeal.** At only 110 calories, America's favorite vegetable is packed with essential vitamins and minerals. One medium-size (5.3 ounce) skin-on potato boasts more potassium than a banana and almost half your daily value of vitamin C (45%), and absolutely no fat, sodium or cholesterol.

## UNEARTH A LITTLE POTATO GOODNESS TODAY!

Visit [www.potatogoodness.com](http://www.potatogoodness.com) for hundreds of healthy potato recipes and to sign-up for our weekly recipe email.

You can also find us on Facebook at [www.facebook.com/PotatoesTatersAndSpuds](http://www.facebook.com/PotatoesTatersAndSpuds)



**POTATOES**  
**GOODNESS**<sup>®</sup>  
**UNEARTHED**

45% Daily Supply  
of Vitamin C

Naturally  
Fat Free

Full of Vitamins  
and Minerals