



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.

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45% Daily Supply
of Vitamin C

Naturally
Fat Free

Full of Vitamins
and Minerals