

Garlic Fries

2 T olive oil
½ t salt
3 lbs peeled potatoes, cut in strips
2 T butter
8 cloves garlic, minced
2 T fresh chopped parsley
2 T grated parmesan cheese

Combine 1st 3 ingredients in large ziplock bag. Shake. Arrange on greased baking sheet. Bake at 400 degrees for 50 minutes, turning after 20 minutes. Meanwhile, place butter in very large skillet and saute garlic for 2 minutes on low heat, stirring constantly. Add potatoes, parsley & parmesan. Toss to coat potatoes. Serve Immediately.
6 servings – each 247 calories

Ranch Mashed Potatoes

4 lbs cubed red potatoes
½ c sour cream
¼ c lowfat buttermilk
¼ c chopped green onions
3 T cream cheese, softened
1 t salt
1 t dried basil
1 t dried oregano
½ t garlic powder
½ t fresh ground pepper
¼ t dried dill

Boil potatoes until just barely tender. Drain, and place potatoes in large mixing bowl. Mix remaining ingredients into potatoes with potato masher. (The potatoes will be chunky 😊)
8 servings – each 204 calories

Veggie Fried Rice

4 c pre-cooked brown rice
2 T olive oil, divided
5 large eggs, beaten
1/2 c chopped onion
2 cloves garlic, minced
1 red pepper, diced
2 c sliced mushrooms
2 c chopped broccoli
3 T soy sauce

If you haven't yet cooked the brown rice, do so! Next, in large skillet or wok, heat 1 T oil and cook eggs until done. Remove eggs and keep warm. Add rest of oil to pan and saute garlic & onion for 2 min on medium-high heat. Add veggies and saute 5 min. Add rice & saute 5 min. Now add eggs & soy sauce to heat through.
8 servings – each 205 calories