

# Smashed Potatoes



# SMASHED POTATOES

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## *ingredients*

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1 pound of baby potatoes  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon salt  
2 tablespoons oil  
Salt and pepper to taste

### OPTIONAL:

1/2 teaspoon thyme  
1/2 teaspoon sage

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## *directions*

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Heat oven to 450 degrees. Add potatoes to a heavy bottom pot, and cover with water. Season water with garlic and onion powder and salt. Bring to a low boil for 15-20 minutes or until fork-tender.

Remove potatoes from the water and place them on a lined baking sheet. Smash each potato with a fork or mug, about 1/2 inch thick. Mix the oil with other spices and brush on each potato. Bake until crispy, about 15-20 minutes. Serve hot.

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## *notes*

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Easy dip: Mix plain Greek yogurt or sour cream with spices of your choice and refrigerate for 1 hour!