

# Smashed Potatoes

BY **CHEF VINCENT “VIN” CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

A wildly popular fat-free potato dish—crisp, lightly spiced, and hot from the oven. The kids love these potatoes—they want any entrée they accompany—so pair them up with a dish that’s not so easy to sell.

3 1 pounds washed red or yellow potatoes  
2½ cups olive oil  
6 tablespoons kosher salt  
3 tablespoons plus 2 teaspoons black pepper

**YIELD: 100 SERVINGS (K–5) \* SERVING SIZE: ¾ CUP**

Preheat oven to 400°F.

Boil the potatoes until very tender. When they begin to float, it is a good indication they are ready.

With a large paddle or in a mixer, roughly “smash” the potatoes.

Add oil, salt, and black pepper. Transfer the potatoes to two 4-inch hotel pans.

Drizzle a bit more oil on top of the potatoes and transfer to the oven.

Roast until a golden crust forms, approximately 15 minutes.

## **NUTRITIONAL INFORMATION**

CALORIES: 173; SODIUM: 441.48 MG; SATURATED FAT: 3.89%

## **USDA REQUIREMENTS MET**

¾ CUP STARCHY VEGETABLE