



## Baby Potatoes and Parsley

### *Serves four*

16 to 20 baby potatoes – scrubbed  
2 TBS butter  
1 TBS olive oil  
3 TBS chopped parsley  
1 tsp. salt  
1 tsp. black pepper

Place the scrubbed potatoes in a pot of salted water. Bring to a boil, reduce the heat and simmer for about 20 minutes - until potatoes are cooked through and you can easily pierce them with a fork. Be careful not to over-cook them as they will disintegrate.

Melt the butter in a large skillet. Add the oil and the potatoes. Cook them until they start getting browned. Add the parsley and toss to coat all of them. Remove from heat and serve.

CALORIES 271.02; FAT 9.39 grs (sat 4.18; mono 3.97; poly 0.68); PROTEIN 5.13 grs ; FIBER 5.60 grs; CARBS 43.16 grs; CHOLESTEROL 15.26 mg; IRON 2.26 mg; SODIUM 598.69 mg; CALCIUM 37.67 mg