



FORKS OVER KNIVES™

Breakfast Potatoes | by Ramses Bravo

From *Bravo! Health-Promoting Meals from The TrueNorth Kitchen*

Serves 6



8 medium russet potatoes, scrubbed
2 cups small cauliflower florets
2 cups quartered white mushrooms
6 Roma tomatoes, cubed
1 small yellow onion, diced
1/4 teaspoon granulated garlic
1/4 teaspoon granulated onion
3 tablespoons chopped fresh basil, or
1 tablespoon dried
3 tablespoons chopped fresh parsley, or
1 tablespoon dried

Instructions:

Preheat the oven to 350 degrees F.

Pierce each potato a few times with a fork or paring knife. Put the potatoes directly on a rack in the center of the oven and bake for 45 minutes, or until tender. The potatoes are done when a paring knife can be easily inserted in the center. Turn off the oven. Transfer the potatoes to a cooling rack.

When the potatoes are cool to the touch, peel and dice them. Line a rimmed baking sheet with parchment paper. Arrange the potatoes on the lined baking sheet. Scatter the cauliflower, mushrooms, tomatoes, and onion over the potatoes. Sprinkle with the granulated garlic and granulated onion. (At this point the baking sheet can be covered with plastic wrap and refrigerated for 8 to 12 hours. When you are ready to bake the dish, bring the vegetables to room temperature while you preheat the oven. Remove the plastic wrap before baking.)

Preheat the oven to 350 degrees F.

Bake for 12 to 15 minutes, until all the vegetables start to brown. Remove from the oven and sprinkle with the basil and parsley. Serve hot.

Note: It takes about 1 hour for the baked potatoes to cool down enough to be peeled. For speed and convenience, the potatoes can be baked 1 day in advance and stored in the refrigerator.

Per serving: calories: 276.4, protein: 9.1 g, carbohydrates: 62.4 g, fat: 0.7 g, calcium: 76.7 mg, sodium 37.8 mg, omega-3: 0.1 g