

Steamed Then Baked Potatoes With Spices

A delicious way to make potatoes. By steaming them first they lose fewer nutrients. Then baking only requires 10 minutes, at a lower temperature, which means fewer acrylamides..

Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 25 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Potato, boiled, with skin	6 medium - 2 1/4" to 3 1/4" diameter
Olive oil	1 tablespoon
Turmeric, ground	1.5 teaspoon
Garlic, powder	2 teaspoon
Onion powder	1 teaspoon
Paprika	1 teaspoon
Salt, sea salt	1 teaspoon
Black pepper, ground	1 teaspoon
Red pepper (cayenne), ground	0.25 teaspoon

Instructions

Wash potatoes. Skin on or off is optional. You can use red or yellow potatoes. Cut potatoes into halves or quarters.

1. Steam cut potatoes until done but not too soft. If you don't have a steamer you can boil potatoes so the water half covers the potatoes. Set timer for 8 -10 minutes and add time as needed.
2. When potatoes are done place them in a baking pan or cookie sheet and let cool.
3. When potatoes are cooled cut them into smaller pieces as desired. Add oil and spices and gently mix to combine.
4. Bake in 350 F oven for about 10 minutes. If you like them a little more browned turn them after 10 minutes and bake another 5 minutes.
5. Serve warm. Leftovers can be stored in the fridge for a day or so.