



RECIPE OF THE MONTH

NEW POTATOES WITH HERBS

Small new potatoes, boiled in their skins, are delicious. Instead of butter, top with chopped fresh herbs and a dash of lemon juice and oil. These go well with any meats, poultry or fish.

500 g	tiny new potatoes (about 20)	1 lb
15 mL	chopped fresh basil or thyme	1 tbsp
15 mL	chopped chives	1 tbsp
5 mL	lemon juice	1 tsp
5 mL	olive or vegetable oil (optional)	1 tsp
	freshly ground pepper	

Per Serving


Calories (including oil)	109
Total fat	1 g
Cholesterol	0 mg
Sodium	5 mg
Carbohydrate	23 g
Protein	2 g

Excellent source of:

Vitamin C

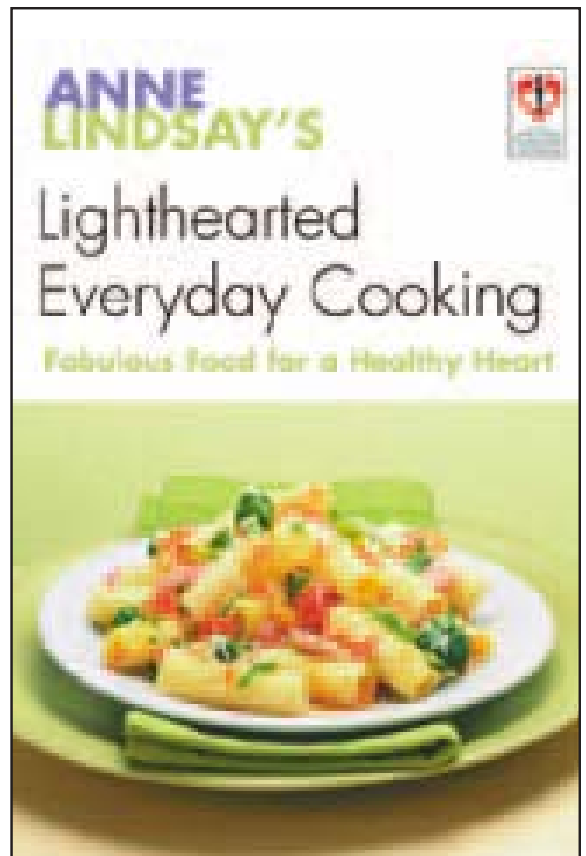
Method:

In saucepan, boil unpeeled potatoes until tender, about 15 minutes; drain.

Add basil or thyme, chives, lemon juice, oil and pepper to taste. Mix lightly and serve. 

Makes four servings

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