

## Roast Potatoes with Rosemary and Garlic

**These roasted garlic potatoes are made with rosemary, which can help boost circulation.**

(from Nature's Medicine Cabinet by Bruce Burnett)

Ingredients 2 lbs. red potatoes 2-3 T. fresh rosemary 3-4 cloves garlic, crushed 1/4 cup extra virgin olive oil salt to taste

### Preparation

Preheat oven to 375 degrees F. Scrub the potatoes and cut them into cubes roughly 1 to 1 1/2 inches across. Mix all other ingredients and toss potato cubes into the mixture. Add more olive oil if insufficient to cover potatoes and bottom of the pan.

Folks who don't share my enthusiasm for herbs and garlic may want to reduce the quantity of these ingredients.

Spread in a shallow baking pan and bake for about one hour, turning the potatoes once or twice during cooking.