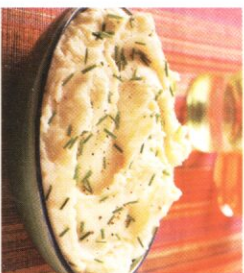


Prep Time **20 mins.** Cook Time **20 mins.**

Great
AMERICAN
Recipes

Garlic Mashed Potatoes



EASY STEP-BY-STEP

1 Preheat oven to 375°F. Peel potatoes and cut into even-size pieces. Place in a large pot of lightly salted water. Bring to a boil, then reduce heat and simmer until cooked through, about 20 minutes.



STEP 1

INGREDIENTS

SERVES 4

- 2¼ lb. russet or Yukon Gold potatoes
- 1 whole garlic bulb
- 1 tbsp. olive oil
- ½ cup sour cream
- 2 tbsp. (¼ stick) butter
- ⅛ tsp. salt
- ⅛ tsp. black pepper
- fresh chives

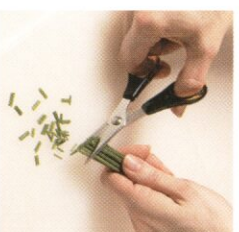
2 Meanwhile, separate garlic cloves, but do not peel them. Place in a bowl, add olive oil and toss to coat. Place on a baking sheet and roast in oven until softened, about 10 minutes. Allow to cool slightly.

3 Drain potatoes and return to pot. Mash slightly. Add sour cream and butter. Quickly squeeze pulp from garlic cloves into pot. Add salt and black pepper.



STEP 3

4 Mash potatoes until combined and smooth. Transfer to a serving bowl. Cut chives into small pieces. Sprinkle over mashed potatoes in bowl; serve.



STEP 4

Serving Suggestion

This dish is perfect to serve with roast chicken. Add your favorite vegetable side to the menu and you have a complete meal.

- ### GREAT IDEAS
- For extra flavor, stir some finely chopped green onions into the mashed potato mixture in Step 3.



Nutritional information
Per serving: calories 344, fat 15.8g (sat fat 8g), carbs 46.7g

Prep Time **20 mins.** Roast Time **1 hr. 40 mins.**

Great
AMERICAN
Recipes

Herb-Roasted Chicken



EASY STEP-BY-STEP

1 Preheat oven to 375°F. In a small bowl, combine butter, sage, garlic and pepper. Carefully loosen the skin from the chicken breast, being careful not to tear it.



STEP 1

INGREDIENTS

SERVES 6

- 2 tbsp. butter
- 1 tsp. dried sage
- 1 clove garlic, crushed
- ⅛ tsp. black pepper
- 1 whole chicken (3 lb., 5 oz.)
- 1 tsp. dried rosemary
- 1 onion, peeled
- 2 cups chicken broth
- 6 oz. new potatoes, parboiled
- 3 bell peppers, deseeded and cut into quarters
- 2 medium zucchini, cut into chunks
- 1 red onion, sliced
- 1 tbsp. olive oil
- flat-leaf parsley sprigs, to garnish

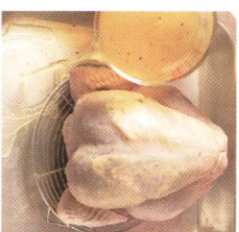
2 Spread half of the herb mixture under the skin; rub the rest on top. Sprinkle with rosemary. Place onion in chicken cavity and tie legs together with kitchen string.



STEP 2

3 Place the chicken on a rack in a roasting pan and pour broth into pan. Cover pan with foil and roast for 1 hour.

4 Uncover chicken and roast until juices run clear when meat is pierced, about 40 minutes longer. Transfer to a serving dish. Let stand 15 minutes before serving.



STEP 3

5 Meanwhile, place the parboiled new potatoes, peppers, zucchini and onion slices on a separate baking tray. Drizzle with the oil and then roast for 35–40 minutes until cooked and crisp around the edges. Arrange around the chicken, along with the parsley, to serve.

Serving Suggestion

A bout of fresh fruit salad is the perfect ending for this roasted chicken dinner. Serve with fresh whipped cream on the side.

Nutritional information

Per serving: calories 350, fat 21g (sat fat 7g), carbs 13g

- ### GREAT IDEAS
- Put 2 tablespoons of ready-made pesto under the chicken skin in Step 2. Slice and serve cold on a bed of lettuce for a fresh and summery salad.

