

## Air-fried or Oven-roasted Potatoes

The air fryer is magical for roasting potatoes or fries without oil. However, if you don't have an air fryer, be sure to use a very hot oven, 425 or 450 degrees.

### Ingredients:

- New potatoes or small or fingerling potatoes, or russets, red or gold potatoes cut into large bite-sized chunks, cooked

### Instructions:

- The key is to start with boiled potatoes, otherwise, they take forever, even in an air fryer. Boil the potatoes until fork tender.
- If using an air fryer tray, add the potatoes and place tray in the middle of the air fryer at 400 degrees for about 7 minutes or until golden brown.
- If your air fryer has a basket, air fry for 3 or 4 minutes, shake the basket to move the potatoes around, then air fry again for 3 or 4 minutes or until golden brown.
- If using your oven, put potatoes on a parchment paper-lined baking sheet. Roast for 7-10 minutes or until browned, then turn potatoes over with a spatula and return to the oven for another 5-7 minutes or until browned.
- Cut bigger pieces and partially smash with a glass or potato masher, then follow directions above. This allows for more crispy edges!

### Serving ideas:

- Perfect companion to tofu scramble
- Serve with a veggie or black bean burger
- Toss on top of a veggie stirfry
- Add to a bean burrito, or toss with taco seasonings and make tacos
- Dip in ketchup and just enjoy as a snack!

