

# Roasted Red Potatoes with Onions and Balsamic Vinegar



**Plan Z Phase:** This is a Z3.5 (ZReboot) recipe.

Easy and delicious roasted red potatoes, with onions and balsamic vinegar!

## **Ingredients:**

- 2 cups of tiny, frozen pearl onions
- 2 lb of C-size (small) red potatoes cut in half
- 1 Tbl of Italian seasoning
- 1/8 tsp of ground nutmeg
- ¼ cup of good quality balsamic vinegar
- grated sea salt and pepper to taste

## **Directions:**

Preheat oven to 400 degrees (or 375 convection if you have that option).

Spray a 9" x 13" ovenproof pan with olive oil spray. Add all ingredients.

Stir to combine. Roast your potatoes and onion mixture until

cooked through. This should be about 30 minutes total. Might be a little less if you use convection. Just check the potatoes for doneness with a sharp knife.

Now, if you want your potatoes to be carb-resistant you'll totally cool them down in the refrigerator. To save electricity I let mine cool on the counter, and then totally chill them in the fridge. It's recommended that you leave them in the refrigerator overnight and eat them the next day. Either way, just make sure they have been totally chilled for hours.

When you take them out of the refrigerator, just reheat at 300 degrees until warm and ready to serve.

I don't serve potatoes often but when I do, it's much healthier to serve carb resistant. These are great on a buffet served hot or room temp. I use them for cocktail parties, too.

Enjoy in moderation,

Cheers,