



**Cooking
in the
Kitchen
at Olums**

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Everything Smashed Potatoes

Serves 6-8

Ingredients:

- 1.5 lbs. of baby gold potatoes, whole
- 1 Tbsp. butter, melted
- 2 Tbsp. Everything Bagel Seasoning (*store-bought or see below*)
- 1/3 cup shredded Parmesan cheese

Everything Bagel Seasoning Ingredients:

- 1/4 cup poppy seeds
- 1/4 cup sesame seeds
- 3 Tbsp. dried minced garlic flakes
- 3 Tbsp. dried minced onion flakes
- 2 Tbsp. flaked sea salt or course salt

Directions:

1. Scrub and clean the potatoes.
2. Bring a pot of water to boil, then add the potatoes. Boil for 20-25 minutes until potatoes are tender.
3. Preheat the oven to 425° F.
4. Drain the potatoes (let cool slightly), then transfer to a baking sheet. Using the bottom of a metal measuring cup firmly press the potatoes until flattened (smashed).
5. Drizzle the melted butter onto the potatoes. Sprinkle on Everything Bagel Seasoning and the shredded Parmesan cheese.
6. Roast the potatoes at 425° F for 15-20 minutes until the potatoes are lightly brown and the cheese is melted. Enjoy!