

Hasselback Potatoes

Preparation time **10 minutes**

Cooking time **45 minutes**

Servings **8**

Cost per serving **16¢**

Storage **3 days in the fridge.
Can't be frozen.
Tastier when served immediately.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, 8-inch square baking dish, small bowl, spoon.**



Ingredients



6 to 10 **potatoes**
(depending on size),
washed (about 1,5 kg/3 lbs)



30 ml (2 tbsp) melted
butter or non-hydrogenated
margarine



15 ml (1 tbsp)
canola oil



Salt and pepper
to taste

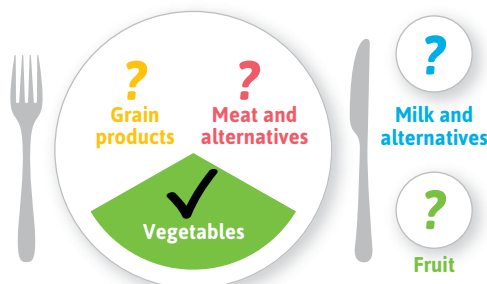


5 ml (1 tsp)
paprika



2 ml (½ tsp)
dried thyme (optional)

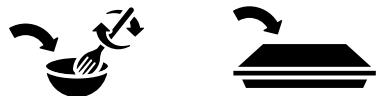
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Balanced plate

✓ One serving of this side dish is a tasty way to add a portion of vegetables to your menu.

Directions

1	Place oven rack in the middle position and preheat the oven to 200°C (400°F).	
2	Thinly slice the potatoes without cutting right to the bottom so that each potato still holds together.	
3	Put the potatoes in an 8-inch square baking dish. You can also use a bigger dish or a baking sheet, if needed.	
4	Mix the melted butter or margarine and oil in a small bowl and pour onto the potatoes.	
5	Sprinkle on the salt, pepper, paprika and thyme , if using.	
6	Bake for about 45 minutes, or until the potatoes are golden brown and a fork pierces the potatoes easily. Baste the potatoes with the butter from the bottom of the pan occasionally while they are cooking.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition