



# Ashley's Meal Prep Monday!



## Crispy Smashed Potatoes

### INGREDIENTS

1.5 pounds small to medium Yukon gold potatoes  
1 TBSP salt for boiling and 1 TSP for sprinkling  
2 TBSP avocado oil, divided  
2 TBSP melted vegan butter  
1 TSP garlic powder  
¼ TSP onion powder  
¼ TSP black pepper

#### Garnish:

1 ½ TBSP fresh chives  
1 TBSP fresh parsley  
1 TBSP fresh dill  
Flaky sea salt



Add potatoes to a large pot and cover with cool water. Bring to a boil and add 1 TBSP of salt. Cook the potatoes for 20-25 minutes or until fork tender. Drain the potatoes in a colander and let sit for 5-10 minutes until completely dry.

Preheat oven to 425. Coat a large sheet pan with 1 TBSP oil and place potatoes on the pan (you can put foil down first for less mess). Use the bottom of a glass to smash each potato until around ¼ inch thick. Try not to make them too thin so they don't fall apart after baking. Make sure there is adequate space between each potato otherwise they'll steam and won't become crispy.

Drizzle remaining oil and melted butter on the potatoes and sprinkle remaining salt, garlic powder, onion powder and pepper. Bake at 425 for 25-30 minutes until golden brown and crispy. Don't flip! Transfer potatoes to a serving platter and garnish with fresh herbs and flaky sea salt.

Recipe Idea: [www.allthehealthythings.com](http://www.allthehealthythings.com)

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