

Heart-shaped Roasted Potatoes

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- Prep time: 45 minutes
- Cook time: 30-35 minutes
- Total time: 1¼ hours



No nuts | No eggs | No milk | No wheat | No soy | No fish | No sesame

Ingredients:

- 1 large Russet potato
- 1 medium sweet potato
- 1½ Tablespoons olive oil
- Salt & pepper, [to taste](#)

Free from the top nine allergens.

Allergy-friendly Substitutions:

- **No potatoes:** substitute beets, carrots, squash, turnips, jicama, rutabaga, or radishes

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Preheat oven to 400°F. Line a 13 x 18-inch baking sheet with parchment paper. Check to make sure the oven rack is set in the middle.
3. Wash and scrub the outside of the potatoes. To make heart cut-outs, place a potato on its side and cut a thin slice off the edge. Flip the potato so the cut side becomes a flat base on the cutting board. Cut into ¼-inch slices. Lay flat on cutting board and use cookie-cutter to press and remove heart-shapes.
4. Place heart cut-outs in small bowl and cover with water. Soak for at least 30 minutes.
5. Drain water. Remove extra water from hearts using clean kitchen towel.
6. In a large mixing bowl, toss the hearts with olive oil, salt, & pepper to coat evenly.
7. Spread the hearts on prepared baking sheet in a single layer.
8. Bake for 15 minutes at 400°F. Remove baking sheet from oven and flip hearts over with a spatula. Return pan to oven and bake for 15-20 more minutes, until hearts are cooked through and crispy on the outside.