

Roasted Spicy Potato Spread

This spicy spread can be enjoyed on its own or dive into it with crusty bread or crunchy vegetables. A great side dish option as well for a new take on a classic dish, Skordalia Potatoes.

3 Ontario Yukon Gold potatoes, chopped
3 cloves garlic
2 small cubanelle peppers, quartered
1 jalapeno pepper
half small red onion, chopped
1/4 cup (50 mL) extra virgin olive oil, divided
1 tsp (5 mL) fennel seeds, crushed
1/2 tsp (2 mL) salt
2 tbsp (25 mL) sherry vinegar

1/4 cup (50 mL) chopped fresh coriander
In large bowl, combine potatoes, garlic, peppers and onion. Drizzle with half of the oil. Add fennel and salt and toss to combine. On large parchment paper-lined baking sheet, spread in single layer and roast in 425 F (220 C) oven 45 minutes or until tender and golden brown. Let cool slightly. Remove seeds from jalapeno pepper.



Scrape vegetables into food processor and add vinegar and remaining oil. Pulse until slightly smooth but still chunky. Stir in coriander.

Tip: Substitute 2 small poblano peppers for the cubanelle and jalapeno peppers.

Per 2 tbsp (25 mL) serving: 40 calories, 0.5 g protein, 2.5 g fat, 5 g carbohydrates, 1 g fibre, 100 mg sodium, 80 mg potassium

Source of Vitamin C