



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Roasted Fingerling Potatoes with Basil Pesto

Serving size: ½ cup roasted potatoes with pesto

Ingredients:

3 lbs Fingerling potatoes

Pesto:

2 cups fresh basil leaves

½ cup grated parmesan

½ cup extra-virgin olive oil + 2 TBSP for roasting potatoes

1/3 cup pine nuts

3 cloves garlic

Salt and pepper to taste



Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with aluminum foil.
2. Toss fingerling potatoes in 2 TBSP olive oil, roast in oven until golden brown and tender (~20-25 minutes).
3. While potatoes are roasting, make the pesto: Add ingredients in blender/food processor, and blend until well mixed (1-2 minutes). Occasionally stop and scrape the sides of blender.
4. Once potatoes are fully cooked, allow to cool and then toss with ½ cup pesto.

Nutrition Tips:

1. Roasting potatoes in olive oil and then tossing them in pesto is an excellent way to keep the moisture, add great flavor, and incorporate heart-healthy fats in place of the butter or sour cream which are full of saturated fats.
2. Potatoes are considered a “starchy vegetable” and therefore should fulfill the starch portion of your balanced plate (similar to pastas, rice, and other grains) rather than replace non-starchy vegetables such as broccoli, carrots, green beans, etc.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.