

# MYX.INC - Recipe

**NAME: MYX Portuguese Roasted Potatoes**

**INFO:** These Lectin Free, Grain Free and Sugar Free crispy on the outside, creamy on the inside potatoes, are a delicious side to plan with any meal, or to just enjoy on their own!!!

**NOTE:** According to the new Plant Paradox Family Cookbook, potatoes are OK. Take a look at page 236 for complete instruction on how to “nix” the lectins as the recipe below follows:

## **INGREDIENTS:**

*Yield: 4 to 6 servings*

1 ½ Pounds New Potatoes  
1 ½ tsp Himalayan Salt  
1 tsp Fresh Ground Black Pepper  
1/3 Cup Extra-Virgin Olive Oil  
1 tsp Smoked Paprika  
4 - 6 Pressed Garlic Cloves  
¼ tsp Peri Peri (or Cayenne Pepper) - Optional

## **DIRECTIONS:**

Preheat the oven with a baking sheet to 350 F.

Cook the potatoes in a pressure cooker for 4 minutes, and then release the pressure. take potatoes out of the pressure cooker and using a spatula, slightly press to break open.

In a medium size bowl, mix olive oil, pressed garlic, salt, pepper, smoked paprika, and Peri Peri if using.

Place potatoes in a large mixing bowl and add the above mixture assuring potatoes are well coated.

Place the potatoes on the (pre-heated) baking sheet, and let them roast in the oven for about 30 to 40 minutes, or until golden brown and crispy. Make sure you toss the potatoes every 10 to 12 minutes, to assure all sides are cooked evenly. OK to turn the oven up to 400 F after 30 minutes to accelerate the potatoes to the ultimate crispness. Salt them once more to taste, and serve.