



OVEN ROASTED YUKON GOLD POTATOES WITH BEETS IN GARLIC-LEMON-THYME DRESSING

Ingredients

- 8 Yukon Gold potatoes, cut in quarters (or more if they are big). Try to cut them about the same size.
- 2 whole medium beets, boiled and cut into chunks the same size as the potatoes (you can boil it at the same time you are oven-roasting the potatoes)
- 1 1/2 tbsp coconut oil
- 1 tbsp extra virgin olive oil
- 1 tbsp olive oil
- 3/4 tsp sea salt, divided
- 1/4 tsp fresh ground pepper, divided
- 1 1/2 tsp fresh lemon juice
- 4 large cloves (or 6 medium) of garlic
- 8-10 sprigs of thyme
- *Optional*: fresh greens

Preparation

1. Pre-heat the oven to 400°F. In an oven safe glass baking dish, mix together potatoes, olive oil, 1/4 tsp ground pepper and 1/4 tsp sea salt making sure all the surfaces of the potatoes are coated with oil. Add more oil if needed. Carefully position potatoes with the flesh down, not the skin. The skin is too precious to have to stick to the pan.
2. Place in the oven for 15 minutes then turn the potatoes and bake for another 10-15 minutes until the corners and skin of the potatoes. Total baking time depends on the sizes of your cut potatoes.
3. In your small food processor (or magic bullet), blend together extra virgin olive oil, coconut oil, 1/4 tsp salt, 1/8 tsp ground pepper, garlic cloves, and 1 1/2 tsp lemon juice. Add more salt and pepper to suit your taste (I personally just add more pepper, because I like the flavor of the garlic and lemon to take center stage). Pulse until the dressing is smooth and uniform. Set aside.
4. As soon as you take the dish out of the oven, toss in the thyme sprigs and dressing with the potatoes in the dish. Let it cool down before serving with the beets and greens.

Happy Eating!

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