

Spanish Potatoes

From – *Moosewood Restaurant Low-Fat Favorites*

2 lbs potatoes, cut into bite-sized wedges
2 cups chopped onions
2 to 4 garlic cloves, pressed or minced
2 tsp olive oil
2 tsp chili powder
1 cup tomatoes – fresh or undrained canned whole tomatoes (8 oz can)
2 Tbsp chopped fresh parsley
salt and ground black pepper to taste

- Place the potatoes in a soup pot with salted water to cover.
- Bring to a boil and then lower the heat to a rapid simmer and cook, partially covered, for 10 to 15 minutes, or until the potatoes just begin to soften.
- In a covered medium skillet, saute` the onions and garlic in the olive oil on low heat
- Cover and continue to cook for about 10 minutes, until the onions are translucent.
- Add the chili powder and cook for 2 minutes more.
- Stir in the tomatoes and bring to a simmer.
- Drain the potatoes and add them to the tomato mixture.
- Stir to combine and cook until the potatoes are tender, about 12 minutes.
- Sprinkle on the parsley, add salt and pepper to taste and serve piping hot or cool to room temperature.



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