



# THE ingles TABLE

with Chef Carla Delangre  
Rosemary Garlic Potatoes

## Shopping List

- 1 pound red skinned potatoes, scrubbed and cut in 1 inch pieces
- ¼ cup of coconut oil melted
- 2 tablespoons Celtic Sea Salt® garlic salt
- 1 tablespoon fresh cracked black pepper
- 2 tablespoons chopped fresh rosemary

## Cooking Instructions

- 1)** Preheat oven to 400 degrees.
- 2)** In a large bowl mix together the melted coconut oil, Celtic Sea Salt ® garlic salt, pepper and rosemary.
- 3)** Lay potatoes flat onto a baking sheet pan and bake in the oven for 20 minutes uncovered.
- 4)** Using a spatula flip and move the potatoes around and bake for another 10-20 minutes until they are soft but crisp on the outside.
- 5)** Serves four.



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