



HEALTH SCORE

70%

Olive Pesto Smashed Potatoes



Gluten Free



Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flat-leaf parsley minced
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup kalamata olives dry pitted
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 12 small yukon gold potatoes red (2 to 3 in. diameter)

Equipment

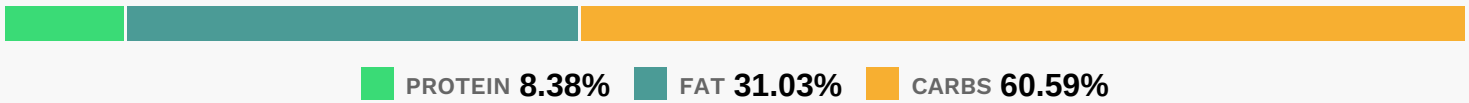
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Make pesto: Pure garlic and basil in a food processor.
- ☐ Add olives and oil and pulse to a smooth, thick paste. Turn into a bowl and stir in cheese.
- ☐ Put potatoes in a large pot on the stove with generously salted water to cover. Bring almost to a boil and cook until easily pierced with a knife, 15 to 20 minutes.
- ☐ Drain. When cool enough to handle, press each between your hands until about 3/4 in. thick but still in one piece.
- ☐ Build a fire and let burn to ashy chunks (see "The DIY Firepit," below).
- ☐ Spread each potato with 1 heaping tbsp. pesto and press to compact it.
- ☐ Heat a cast-iron skillet, then add potatoes. Pan-roast until crisp underneath, 5 minutes. Turn pesto side down and let roast and crisp up. "Roasting the pesto adds umami to the potatoes and an interesting toastiness." Put on a platter, pesto side up, and sprinkle with parsley.
- ☐ Make ahead: Potatoes and pesto, up to 2 days, chilled and covered.
- ☐ The DIY Firepit
- ☐ "You can do anything on this. It's a little like camping in the middle of your day," says Napa Valley chef Michael Chiarello. All you need is bricks arranged to fit under your cooking grate and some sand.
- ☐ Spread a double layer of heavy-duty foil on the ground ("not grass," warns Chiarello, since it may scorch). Make it big enough to extend a foot beyond your cooking grate in all directions. Build a brick rectangle 3 layers high, leaving a couple of bricks out of the top layer on opposite sides, to encourage airflow. (For a standard 21-in. round Weber grate, the rectangle should be 2 bricks by 3 bricks.) Fill with about an inch of sand.

- ☐
- Light the fire: Put several balled-up sheets of newspaper in the center and position kindling into a tipi around it; lean larger kindling and then 5 to 6 small logs (preferably oak). Light the fire. "The tipi lets every bit of flame go up past 3 or 4 logs," says Chiarello, so the fire starts fast. Once the logs have caught, add several larger logs to the perimeter.
- ☐
- Let them burn down to ashy chunks with low flames (1 1/2 to 2 hours). Because there's less smoke and char than cooking over a flaming fire, Chiarello says, "it makes your food taste much cleaner, gives nuanced flavor, and is better for wine."
- ☐
- Start cooking: Keep another log burning at the back of the pit. When it's ashy chunks, rake it into the main fire to maintain heat.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:65.39, Inflammation Score:-8, Nutrition Score:29.366521651978%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 590.59kcal (29.53%), Fat: 20.91g (32.16%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 91.83g (30.61%), Net Carbohydrates: 79.38g (28.86%), Sugar: 4.2g (4.67%), Cholesterol: 5.44mg (1.81%), Sodium: 668.18mg (29.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin C: 103.87mg (125.9%), Vitamin B6: 1.54mg (77.14%), Potassium: 2194.43mg (62.7%), Vitamin K: 57.45µg (54.71%), Fiber: 12.46g (49.82%), Manganese: 0.83mg (41.56%), Phosphorus: 335.97mg (33.6%), Magnesium: 125.54mg (31.38%), Copper: 0.61mg (30.35%), Vitamin B1: 0.42mg (28.13%), Vitamin B3: 5.51mg (27.55%), Iron: 4.44mg (24.69%), Vitamin E: 3.34mg (22.27%), Folate: 87.09µg (21.77%), Vitamin B5: 1.56mg (15.58%), Calcium: 142.26mg (14.23%), Zinc: 1.81mg (12.09%), Vitamin B2: 0.19mg (11.29%), Vitamin A: 444.64IU (8.89%), Selenium: 4.24µg (6.06%), Vitamin B12: 0.08µg (1.41%)