

Rosemary Potato Bake with Onions and Tomatoes

Ingredients:

16 Yukon Gold (or any round yellow) Potatoes, washed

1 red Onion, peeled and chopped

8 vine Tomatoes

Fresh Rosemary, chopped

Fresh Bay Leaves, chopped

1 Tbsp. Coconut Aminos (healthier than soy sauce)

1 cup Water

Directions:

1. Preheat oven to 425 degrees. With a sharp knife, puncture potatoes in several spots to accelerate the cooking process. Arrange them in a large silicone, ceramic, or glass baking dish so they do not overlap. Add onions, tomatoes, and herbs.

2. Mix coconut aminos in one cup of water and pour over the potatoes. Bake for 30 minutes, checking occasionally. If the potatoes begin drying out, add 1-2 cups of water-coconut aminos mix. Serve and garnish with fresh rosemary.