



# FIXATE RECIPES

## PARMESAN-CRUSTED SMASHED POTATOES

Serves: 6 (approx. ½ cup each)



Total Time: 40 min.

Prep Time: 23 min.

Cooking Time: 17 min.

3 cups / 450 g	fingerling potatoes	¼ tsp.	ground black pepper
2 Tbsp.	ghee (organic grass-fed, if possible)	3 Tbsp.	grated Parmesan cheese
2 cloves	garlic, finely chopped	1 Tbsp.	chopped fresh parsley
½ tsp.	sea salt (or Himalayan salt)		

1. Add potatoes to a large pot of lightly salted water over medium-high heat; bring to a boil. Boil for 8 to 10 minutes, or until fork-tender; drain. Return to pot; lightly smash with the back of a fork or use a potato masher (do not over-mash; potatoes should be in one piece). Set aside.
2. While potatoes cook, melt ghee in a small nonstick skillet over medium heat.
3. Add garlic; cook, stirring frequently, for 2 minutes, or until fragrant.
4. On the large baking sheet, drizzle melted ghee and garlic over potatoes. Sprinkle evenly with salt and pepper.
5. Broil for 2 to 3 minutes, or until brown and crisp. Sprinkle with Parmesan cheese; broil for 1 to 2 minutes, or until Parmesan is melted.
6. Top with parsley; serve warm.

### RECIPE NOTE:

Make this recipe Gut Protocol-friendly by removing the cheese. To make it Vegan-friendly, remove the cheese and replace the ghee with olive oil.

### Nutritional Information (per serving):

Calories:	106	Cholesterol:	15 mg	Fiber:	2 g
Total Fat:	5 g	Sodium:	186 mg	Total Sugars:	1 g
Saturated Fat:	3 g	Carbohydrates:	13 g	Added Sugars:	0 g
				Protein:	2 g

### PORTION FIX Container Equivalents (per serving)

(REG) 1 1

(VEGAN) 1 1

### THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

1 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.