

GREEK HERB POTATOES IN THE AIR FRYER

Ingredients:

3 potatoes (I prefer red or yukon gold for this recipe), diced
1 TBSP olive oil
5 sprigs of fresh mint, chopped (or 1/2 tsp dried)
5 sprigs of fresh oregano, chopped (or 1/2 tsp dried)
salt & pepper to taste

Directions:

Dice up potatoes. Then put in a bowl or a ziplock bag and add the rest of the ingredients. Stir around till everything is evenly coated.

Put potatoes in the air fryer for 15-20 minutes at 390 F degrees. Shaking around every 3-5 minutes for an even cook. If you like them extra crispy, put in longer and wait for them to be a golden to medium brown.

These potatoes have become as staple as I have been on a journey of plant based eating. I'm definitely not a true vegan, but am working towards more of a vegetarian lifestyle. If you'd like to learn more about what I am doing and how to go about plant based eating, listen to this podcast: "The What's the Why's and The How's of Plant Based Eating with Ali Essig @plantwhys.

 *Helping of Happiness*