

## Roasted Makah Ozette Potatoes

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Photo from [Jo Cooks](#)

This week's featured ingredient is the [Makah Ozette Potato](#). A beautifully unique potato, it has been the staple food of the Makah (a Pacific Coast Native tribe that lives around Neah Bay, Washington) for over 200 years. Originating in South America, the potatoes were brought to the Northwest by Spanish conquerors traveling from Mexico. Since then, it has grown in abundance under the care of the Makah peoples and recently been brought back to popularity.

The recipe I have chosen for this week highlights the Makah Ozette's natural starchy savoriness and is simply dressed with a few seasonings of your choice. If you do not have an oven, you can also create this recipe by parboiling the potato (just until a fork slides all the way through) and finishing it in a hot skillet with your oil and spices.

### **Ingredients:**

- 1lb Makah Ozette Potatoes, ([or any fingerling potato](#)) washed and halved lengthwise
- 2 tablespoons olive oil
- Optional: ¼ cup of grated parmesan cheese
- Optional Spices (about a teaspoon each): garlic powder, smoke paprika, onion powder
- Salt and pepper to taste

### **Instructions:**

1. Preheat your oven to 425 Fahrenheit.
2. Fill a medium bowl with cold water. After you have washed your potatoes, begin cutting them in half lengthwise and place them in the cold water. This will help them get nice and crispy when you bake them
3. Drain your potatoes and allow them to air dry for 10 minutes. Add back to the bowl and drizzle in your oil, cheese (optional), and seasoning blend. Shake until evenly coated
4. Spread out onto a lined baking sheet or even a cast iron skillet. Place into the oven for 20-25 minutes or until the edges are golden brown and the potato is fork tender. Flip halfway through and make sure you are keeping an eye on them as some spices tend to burn if they are not turned frequently.
5. Allow to cool before enjoying.

## **Nutrition Corner: Makah-Ozette Potato**

Did you know! Many of the healthy vitamins in potatoes are found in their skin including Vitamin C, B6, and Manganese. Make sure to keep the skin on (like I have in this week's recipe) for maximum benefits. Potatoes are also a great source of fiber which can improve your digestive health.

The nutrients found in 2/3 cup (100 grams) of boiled potatoes (very similar nutrition to other potatoes - Makah Ozette, fingerlings, etc.) provides:

Calories: 87

Water: 77%

Protein: 1.9 grams

Carbs: 20.1 grams

Sugar: 0.9 grams

Fiber: 1.8 grams

Fat: 0.1 grams

Source: [USDA](#)