

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Parmesan Ranch Potatoes

Serves: 6-8

Ingredients:

1 ½ -2 lbs. of Redskin Potatoes
1 packet of Ranch Dressing Mix
2- 2 1/2 tbsp of Olive Oil (depends on how many potatoes used)
¼ cup of parmesan cheese (I prefer the dried kind like you put on spaghetti)
A sprinkle of dried parsley if you have it



Directions:

- Place rinsed potatoes in a 4–5-quart crock pot and drizzle with olive oil.
- Sprinkle ranch dressing mix onto potatoes and cook on low 5-6 hours or on high for 2-3 hours
- Prior to serving sprinkle on parmesan cheese and parsley, gently stir
- Serve

Healthy Eating:

- Some people may prefer to peel the potatoes before cooking. Consider always leaving your skin on. The skin contains lots of nutrients such as Iron, B3, and fiber!
- Be aware of how much sodium is in your ranch packet. Try making your own ranch mix!
- Use fat free or low fat parmesan cheese.



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