

Fingerling Potatoes



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe.

Serving Size: Serves 4, serving size $\frac{1}{2}$ cup

The smaller the potato the less glycemic uptake it produces. That means your blood sugar doesn't shoot up as fast or as far. That said, all potatoes do have a significant amount of carbs. Most would come in about 16 grams of carbs for one cup. So, I don't eat them often and I certainly don't eat a lot in one sitting. So be careful with these.

Another point: Any fat you add to potatoes also keeps the glycemic uptake down. So, feel free to put on a dollop of sour cream. The butter is good and so is the oil.

There is a phenomenon called Resistant Starch. That slows down the glycemic effect of potatoes even more. Works with pasta too. You can make your potatoes a resistant starch by cooking them and then chilling them until they are FULLY chilled through. That usually means cook them the night before. Chill and then re-heat before you eat. All of these things help your body more efficiently digest potatoes without the bad side-effects of raised blood sugar and weight gain. Just don't take it as an open invitation. I still do gain when I eat potatoes. They are a

real downfall for me. Zola

Ingredients:

- Approximately 8 – 10 fingerling potatoes (those are the skinny, small ones that look like pudgy fingers).
- 2 Tbl of butter
- 1 Tbl of olive oil

Directions:

Wash your fingerlings and cut them into coin-shaped discs. Put in a saute pan with enough water to cover. Bring to a boil. Cook on a low boil for approximately 10 – 15 minutes or until a knife cuts through easily. Drain and set aside to sit. (This is the point where you'd let them cool down and put in the fridge if you are going to work toward resistant carb status).

When you want to finish the potatoes, get out a large saute pan and add the oil and butter. By using a combo of oil and butter you won't brown the butter like you would if you used butter alone. This keeps a nicer flavor.

Add the coin slices and saute on medium until they are brown on each side. 5 – 10 minutes. You can flip them over as they cook so they get evenly browned. Dust with grated sea salt and maybe pepper and they are ready to serve.



PS: Another piece of good news... when you eat leftover potatoes they have the benefit of being chilled at least overnight so the resistant starch comes into play.

Enjoy!

Cheers,