FatMan Rants

VEGAN CHEEZY ONION TATER CUBES

These "Cheesy" Onion Tater Cubes are so good that you won't believe they're actually healthy and plant-based. Perfect for parties, movie nights, or as a side dish that will steal the spotlight. Get ready to munch away with a guilt-free grin!

- 2½ lbs potatoes (red or gold), diced into ½" cubes
- ½ cup Nutritional Yeast
- 1 Tbsp onion powder
- 1 tsp garlic powder
- 1 Tbsp parsley
- ½ tsp black pepper

Wash and dice potatoes (approx. 1/2 inch) and place in mixing bowl. Combine dry ingredients in a measuring cup, mix thoroughly. Add dry mixture to potatoes (1/2 at a time) and stir to coat potatoes evenly. Bake at 425F degrees on baking sheet lined with parchment paper for 35- 45 minutes or until crispy.

Or use air-fryer for 25 minutes at 400F degrees.

Nutritional yeast is a nutritious food-grade yeast (lots of minerals and B vitamins) which also happens to have a delicious cheesy taste. It is available on the shelf; look for Bob's Red Mill brand (in a bag), Bragg brand or Red Star brand (both in a jar). If you buy nutritional yeast in bulk, it will probably cost quite a bit less per pound. Not the same as dry yeast, baking yeast, or brewer's yeast.



FatMan Rants is the site of Tim and Heather Kaufman. They write: "Losing weight is not easy but keeping it off is the real challenge. After losing 290 pounds, we have maintained the weight loss for over a decade. We know the struggle but we also know the beauty on the other side of a healthy lifestyle. Here are some tools to help you along in your journey."