

# Crispy Fat-Free Spanish Potatoes

You don't need special equipment to make these delicious crispy potatoes. See the alternate instructions for stovetop and oven preparation.

Servings: 3    Calories: 171kcal    Author: Susan Voisin



★★★★★  
4.88 from 8 votes

## Ingredients

- 1 1/2 pounds small red potatoes
- 1 teaspoon salt *optional*
- 1 tablespoon aquafaba or water (*liquid from cooked chickpeas*)
- 1 teaspoon tomato paste
- 1/2 tablespoon brown rice flour *or flour of your choice*
- 1 teaspoon smoked Spanish paprika
- 1 teaspoon hot smoked paprika *or 3/4 tsp. sweet smoked paprika plus 1/4 tsp. cayenne pepper*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

## Instructions

1. Wash the potatoes well. Cut the small ones in half, medium ones in quarters, and large ones into sixths. Potatoes should be about 1 1/2-inch at widest point.
2. Boil the potatoes until just soft using one of the following methods. **Using an Instant Pot or pressure cooker:** Place the potatoes in the pot with 1 cup water. Add one teaspoon salt, if desired. Seal and set to cook on high pressure for 4 minutes (use manual setting on Instant Pot). Quick release the pressure after 4 minutes at high pressure. **On the stove:** Place potatoes and optional salt in a saucepan. Cover with cold water. Bring to a boil and cook until potatoes are just tender, about 10-20 minutes.
3. Drain potatoes well and put them in a large bowl.
4. Combine the aquafaba and tomato paste in a small bowl. In another small bowl, mix the flour with the remaining ingredients.
5. Add the tomato paste mixture to the potatoes, using a silicone spatula or spoon to gently coat all the potatoes. Sprinkle the dry seasonings on the potatoes, stirring gently with the spatula until all are coated.

## "Frying" the Potatoes

1. **In an air fryer:** Set the air fryer to 360F and preheat for 3 minutes. Add the potatoes to the basket and set the timer for 12 minutes. Shake the basket every 6 minutes, using a spatula to loosen any potatoes that have stuck to the bottom. Potatoes are done when they are crispy but not rock-hard. Air-Fryers vary, so they may take from 12-20 minutes. Add additional time as necessary.
2. **In the oven:** Preheat oven to 400F. Line a baking sheet with parchment paper or a silicon baking mat. Spread the potatoes in a single layer on the prepared sheet. Bake for 10 minutes. Use a spatula to turn the potatoes and bake for another 10 minutes. Check for crispiness and add additional time as needed. Potatoes are done when they are crispy on the outside and tender inside.

## Nutrition

Serving: 1 serving | Calories: 171kcal | Carbohydrates: 39g | Protein: 5g | Sodium: 429mg | Fiber: 5g | Sugar: 3g