

Potato Wedges

Baked until crispy, these potato wedges make a perfect side or snack!

Makes: 8 servings
 Prep Time: 10 minutes
 Cook Time: 30 minutes

Source: FoodHero.org, Potato Wedges



Small Changes,
 BIG Difference!

Ingredients

- 3 large baking potatoes
- 3 Tablespoons vegetable oil
- 1 ½ teaspoons paprika
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons onion powder

Directions

1. Wash hands and sanitize prep area.
2. Preheat oven to 450 degrees F. Lightly grease a baking sheet.
3. Scrub potatoes under running water, but do not peel.
4. Cut each potato into 8 wedges, lengthwise.
5. In a small bowl, mix together the rest of the ingredients. Spread the mixture on the sides of each potato wedge.
6. Place wedges on the baking sheet, leaving space between each one.
7. Bake for 30 minutes.
8. Refrigerate leftovers within 2 hours.



Nutrition Information

Serving Size: 3 wedges	
Nutrients	Amount
Calories:	160
Total Fat:	5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	30 mg
Total Carbohydrates:	25 g
Dietary Fiber:	3 g
Total Sugars:	1 g
Protein	3 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Baking sheet
- Small bowl
- Whisk or spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$2.07

Average cost/serving: \$0.26

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 3 to Cart
Baking Potatoes

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Covering the baking sheet with foil under the potatoes will help with clean-up.
- Adjust the seasoning to your taste.
- Baking time can vary according to size of the wedges; test for doneness by poking with a fork.
- When coating potatoes try tossing them in a bowl with the seasoning and oil mix, or brushing all sides of each wedge with a silicone brush.