

Oven Wedge Fries

(Makes 4 servings at 1 cup ea)

Nonstick cooking spray

2 large russet potatoes cut into wedges

2 cloves of garlic finely chopped

1 teaspoon Italian herb dressing mix

1 teaspoon chili powder or paprika

1. Pre heat oven to 400F.

2. Spray cookie sheet with non stick cooking spray, place potato wedges on cookie sheet.

3. In a small bowl, combine garlic with seasonings. Sprinkle $\frac{1}{4}$ of the mixture over top of the potato wedges.

4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.

5. Bake wedges for another 7 minutes or until wedges are brown and cooked through. Serve while hot.



Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007*



Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity employer and provider.



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