



GROUP 9
TASTY POTATOES

8

CRISPY POTATO WEDGES

French fry fans will fall for these easy oven-baked fries—and never miss the fat!



- Cut fat by using a minimum of oil
- Unpeeled potatoes provide twice the fiber of peeled potatoes
- Only 132 calories per serving

Money Saver!



PREPARATION TIME
10 minutes plus standing
BAKING TIME
40 minutes

SERVES 4

- 4 medium russet potatoes, cut into large wedges
- 1 tablespoon vegetable oil
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon salt
- 2 cloves garlic, minced (optional)

Reduced-sodium ketchup (optional)

1 Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

2 Preheat oven to 425° F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

3 Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes.

PER SERVING: Calories 132 (23% from fat) Carbohydrates 23 g Protein 3 g Sodium 77 mg Fat 3 g Cholesterol 0 mg

4 Transfer potatoes to a clean large bowl. Sprinkle with oil, pepper, and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.

5 Bake potatoes for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic. Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately with ketchup on the side.



VARIATION

For a sweeter flavor, use sweet potatoes instead of the russet potatoes. Proceed as directed in Steps 1, 2, and 3. Add ½ teaspoon of paprika when tossing potatoes with spices in Step 4. Bake as directed in Step 5.

COOK'S TIPS



Crinkle-cut fries are especially crispy. Use a ripple-edged cutter to cut potatoes into ¼-inch-thick slices. Then cut crosswise into fries. Proceed as directed.



For a healthy dip instead of ketchup, try a ready-made salsa (look for no-salt-added brands) or plain nonfat yogurt mixed with fresh herbs.