

BISTRO POTATO WEDGES



INGREDIENTS

5 lbs Russet potatoes wedges (fresh or frozen)
2 oz Olive oil

This base recipe can be the starting point to several flavorful options such as herbed potatoes, southwestern style potatoes, rosemary parmesan potatoes, lemon pepper potatoes and even cajun spiced potatoes!

INSTRUCTIONS

1. Preheat oven to 450°F.
2. Toss potatoes in oil and spread evenly on baking sheet pan.
3. Bake for 30-35 minutes until golden brown, rotating the potatoes halfway through cooking time.

Note: be careful to not place more than 5 lbs of potatoes on the sheet pan or overcrowd your oven. Doing so will reduce the quality of the wedges and may increase cooking time.

NUTRITION

| | |
|--------------------------------|--------|
| Calories: | 140 |
| Sodium: | 180 mg |
| Trans Fat: | 0 g |
| % Calories from Saturated Fat: | 0% |



*Number of Servings: 12 (140 g per serving)
Recipe courtesy of Southern Maine Health Care*