



Oven Wedge Fries



EatFresh.org

Ingredients



- 2 cloves garlic, finely chopped
- 2 large russet potatoes, cut into wedges
- 1 tsp italian herb seasoning mix
- 1 tsp chili powder or paprika

Yield: 4 servings
Serving Size: 1 cup



Directions



1. Preheat oven to 400° F.
2. Spray a baking sheet with nonstick cooking spray. Place potato wedges on the baking sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle half of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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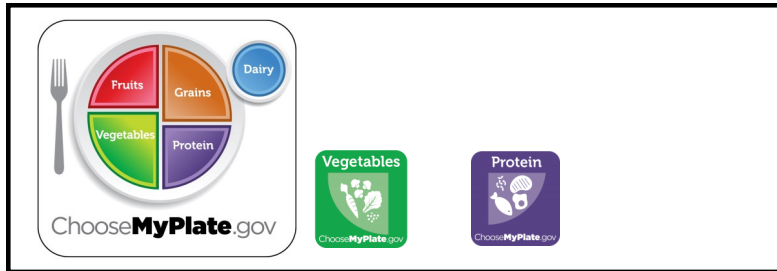
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Fast Facts



Featured Food Groups



Cooking Tips



- Test out different seasoning combinations!
- A tasty surprise for those who love fries!

Nutrition Facts



Nutrition Facts

4 servings per container
Serving size 1 cup

Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Sodium 20mg	1%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

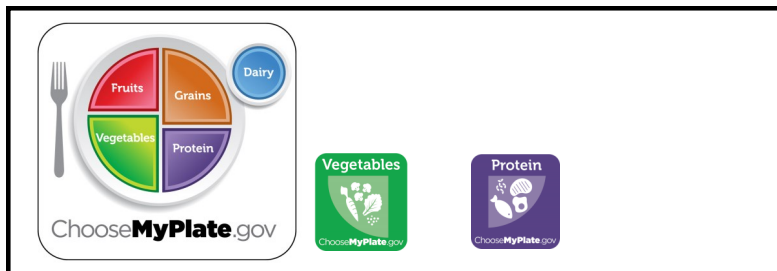
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