



Oven Wedge Fries



Adapted from *EatFresh.org*

Ingredients



- 2 cloves garlic, finely chopped
- 2 large russet potatoes, cut into wedges
- 1 tsp. Italian seasoning
- 1 tsp. chili powder or paprika
- 1/4 tsp. kosher salt
- 2 tsp. corn starch (optional)



Directions



Yield: 4 servings **Serving Size:** 1 cup **Total Cost:** \$1.40 **Price per serving:** \$0.35

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 15 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture and bake for another 15 minutes or until the wedges are browned and cooked through. Serve while hot.
5. For extra crispiness, set oven to broil for a couple minutes. Keep a close eye to prevent burning.

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



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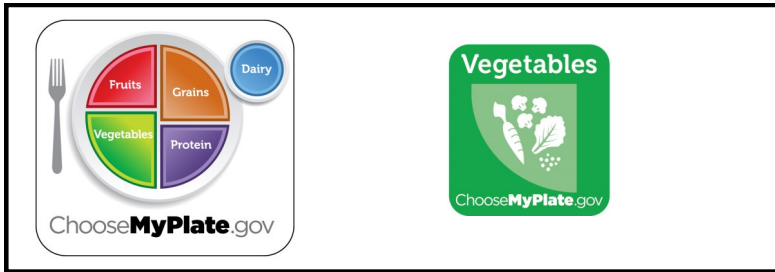
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Fast Facts



Featured Food Groups



Nutrition Facts	
4 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.26mg	8%
Potassium 517mg	10%
<small>*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.</small>	

Cooking Tips



- Test out different seasoning combinations!
- A tasty surprise for those who love fries!
- Corn starch adds for extra crispiness.

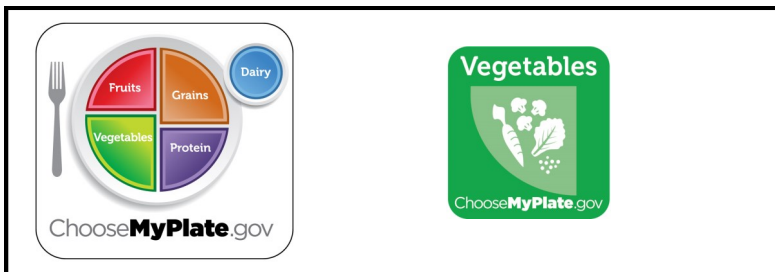
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