



Oven Baked Potato Wedges

Serves 12 Child Sized Portions

Preparation time: 10 to 15 minutes

Cooking time: 30 to 60 minutes

Preheat oven to 350°F (180°C)

Common allergens: dairy

Equipment List

- Baking dish
- Spoon
- Bowl
- Brush
- Measuring cups and spoons

Nutrition Information

Calories	133 calories
Total Fat	4.5 g
Sodium	210 mg
Carbohydrate	21.6g
Fibre	2.5 g
Protein	2.7 g
Sugar	1.25 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Potatoes	4 large	4 large
Olive or canola oil	¼ cup	60 mL
Parmesan cheese, grated	1 tbsp.	15 mL
Salt	1 tsp.	5 mL
Paprika	1 tbsp.	15 mL
Pepper	½ tsp	2.5 mL
Garlic powder	½ tsp	2.5 mL

Instructions

1. Preheat your oven to 350°F.
2. Wash potatoes.
3. Cut potatoes into wedges.
4. In a large bowl mix oil, Parmesan cheese, salt, paprika, pepper and garlic powder.
5. Brush the mixture onto potatoes.
6. Place skin side down on the baking dish.
7. Bake in the oven for 30 minutes to one hour.



Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks