



# Oven Wedge Fries

*A tasty surprise for those who love fries.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 10 minutes **Cook time:** 15 minutes

## Ingredients

nonstick cooking spray  
2 large russet potatoes, cut  
into wedges

## Seasoning Mix

2 cloves garlic, finely  
chopped  
1 teaspoon Italian herb  
seasoning mix  
1 teaspoon chili powder  
and/or paprika

## Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle  $\frac{1}{2}$  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.

**Nutrition information per serving:** Calories 146, Carbohydrate 33 g,  
Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg