

Oven-Baked Potato Wedges

Yield: 6 servings (2/3 potato each)

Ingredients:

4 medium potatoes (preferably Russets)
1 tablespoon vegetable oil
2 teaspoons dried whole rosemary leaves, crumbled
salt and freshly ground black pepper to taste

Procedure:

Scrub and cut potatoes into long strips and then dry on paper towels. Toss strips in a medium-sized mixing bowl with oil. After strips are coated, spread in single layer on a cookie sheet or other large baking pan and sprinkle seasonings over the top. Bake at 475 F for about 35 minutes. Turn strips periodically to ensure even browning. If you desire crispier potatoes, place under the broiler for the last few minutes of cooking, but watch closely to prevent over browning.

about 110
calories and
2.5 grams of
fat per
serving

Based on this recipe's per-serving fat content, Oven-Baked Potato Wedges qualify as a low-fat food. And add all the herbs you want—herbs enhance flavor with negligible calories.



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