

## Potato Wedges

Makes 6 servings

6 medium russet potatoes  
2 t garlic powder  
2 t onion powder  
3 T canola oil  
1/2 t salt  
1/2 t black pepper  
Other desired herbs spices ex: 2 t curry powder or oregano



Preheat oven to 425°F. Cut potato into 6-8 wedges lengthwise as pictured and place in a large bowl or large ziplock bag. Add remaining ingredients to potatoes and mix thoroughly. Place the potatoes on a foil lined sheet pan as pictured with a single layer on each pan. Bake for 35 minutes or until a fork is easily inserted.

Nutrition information per serving: 220 calories, 6g fat, 5g protein, 38 g carbohydrate, 210mg sodium, 4g dietary fiber. Excellent source of vitamins C. Good source of iron.

