

The following recipe uses a mixture of spices to bring full flavor to an American favorite side dish. These potato wedges are oven-baked instead of fried, making them more heart-healthy and lower in calories.

Parmesan Potato Wedges



Makes: 5 Servings

Ingredients:

- 4 Russet potatoes
- 2 T. olive oil
- ½ c. grated Parmesan cheese
- 1 tsp. garlic powder
- 1 ½ tsp. paprika
- ½ tsp. salt
- 2 T. parsley
- A couple dashes of cayenne pepper

Directions:

1. Preheat oven to 450 degrees F and line a baking sheet with aluminum foil. Spray foil with non-stick spray.
2. Combine Parmesan cheese, garlic powder, paprika, salt, parsley and cayenne pepper in a small bowl.
3. Cut potatoes in half the long way. Then place each half flat on a cutting board and slice wedges. Place the potato wedges in a large bowl and toss

with olive oil to completely coat. Add the cheese mixture to the potato wedges and toss gently to coat evenly.

4. Place potatoes on baking sheet. Sprinkle leftover cheese mixture. Bake for 25-35 minutes or until potatoes are easily pierced with a fork. The smaller wedges will be done sooner. Flip potato wedges halfway through the baking time. Enjoy!

Nutrition Info Per Serving: 211 calories, 8.6g fat, 2.5g saturated fat, 28.4g carbohydrates, 7.5g protein, 304mg sodium