

# Crispy Potato Wedges



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## What You Need

- 2 large sweet potatoes
- 1 tablespoon vegetable oil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon salt
- 2 cloves garlic, minced (optional)
- 1/2 teaspoon paprika

## How You Prepare

Place sweet potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

Preheat oven to 425 degrees F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes.

Transfer potatoes to a clean larger bowl. Sprinkle with oil, pepper, paprika and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.

Bake potatoes for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic. Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately.

*These potatoes provide a great source of beta-carotene—a powerful antioxidant!*

*For variation: use russet potatoes instead of sweet potatoes.*

**Makes 4 Servings**

**Per Serving**

Calories 91  
Carbohydrates 14.4 g  
Protein 1.1 g  
Fat 3.5 g  
Dietary Fiber 1.8 g