

Baked potato wedges w parsley



Submitted by: [SOPHIEHOLIDAY](#)

Introduction

4 of 5

MEMBER RAT

Create a R
Makeover

Nutritiona

Servings Per Reci
Amount Per Serv
Calories: 260.3
Total Fat: 10.4 g
Cholesterol: 0.0 r
Sodium: 2,634.1 r
Total Carbs: 38.8
Dietary Fiber: 5
Protein: 4.7 g

View full nut
breakdown c

Daniel fast friendly potato wedges

Minutes to Prepare: **5**

Minutes to Cook: **50**

Number of Servings: **4**

Ingredients

(4) medium russet potatoes

Salt

Pepper

Parsley

Olive oil

Directions

1. Preheat oven to 400F.
 2. Scrub potatoes. Cut each potato in half and then quarter each half. Should yield 8 v potato.
 3. Toss potatoes in a mixture of the olive oil, pepper, parsley and 1tbs of salt.
 4. Place flat side down on baking sheet and bake for 35 minutes.
 5. Remove from oven and flip wedge to opposite side.
 6. Bake an additional 15 minutes.
 7. Remove from oven and sprinkle the remaining 1/2 tbs salt.
- Enjoy!

Serving Size: Makes 4 servings

Number of Servings: 4

Recipe submitted by SparkPeople user SOPHIEHOLIDAY.

TAGS: Side Items | Side Dish | Side Items Side Dish |

Rate This Recipe

Rating:



[Click here to login and rate this recipe](#)

Member Ratings For This Recipe