

# ROASTED POTATO WEDGES

Serving: 1/2 cup (about 4 wedges)

## Vegetable

Donna Miner, Kitchen Manager at Chicopee High School, came up with this wildly popular fat-free potato dish—crisp, lightly spiced, hot from the oven. The kids love these potatoes, so they buy any entrée they accompany—pair them up with a dish you are trying to sell.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Potatoes, russets (baking)	14.5 lbs	29 lbs	<ol style="list-style-type: none"> <li>Stab well-scrubbed potatoes with a fork and bake, whole, in oven until cooked through.   <div style="margin-left: 40px;"> Conventional oven: 425°F about 50 minutes  Convection oven: 375°F about 40 minutes </div>   CCP: Heat to 140°F or higher. </li> <li>Cool overnight or from 140°F to 41°F within 4 hours.</li> <li>Halve the potatoes lengthwise, then cut each half into 4-5 wedges each, depending on the potato size. Divide potatoes equally among parchment covered sheet pans in a single layer, skin side down (like boats).</li> <li>Mix the paprika, onion garlic powder, adobo spice, salt, if you are using it, and pepper in a small bowl.</li> <li>Sprinkle spices evenly over the wedges.</li> <li>Bake right before service, if you can, until hot, crisp and lightly browned.   <div style="margin-left: 40px;"> Convection oven: 400°F about 20 minutes  Conventional oven: 425°F about 25 minutes </div> </li> </ol>
Paprika	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Onion powder	2 Tbsp 1 tsp	1/4 cup 2 tsp	
Garlic powder	2 Tbsp 1 tsp	1/4 cup 2 tsp	
Adobo seasoning	1-1/4 tsp	2-1/2 tsp	
Salt, optional	1 tsp (or more, to taste)	2 tsp (or more, to taste)	
Pepper, black	1/2 tsp	1 tsp	

\* MA farm products needed for recipe. For ordering, see page 19.

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## Preparation Tips:

• **To Make this Dish Easily:** Baking the potatoes the day before will make them a snap to cut and they don't brown. Then organize the next day so that you have the needed oven space, because the potatoes are cooking in one layer. Serve them right from the trays to keep them crisp and prevent them from drying out.

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed.

## NUTRITIONAL ANALYSIS PER SERVING

Calories	125	Vitamin A (IU)	102
Cholesterol (Mg)	0	Vitamin C (Mg)	12.87
Sodium (Mg)	96	Protein (G)	3.42
Fiber (G)	3.02	Carbohydrate (G)	28.48
Iron (Mg)	1.49	Total Fat (G)	0.2
Calcium (Mg)	21.68	Saturated Fat (G)	0.04