



# Crispy Potato Wedges



prep time  
35 minutes



total time  
~1 hr, 10 min



servings  
4

## Ingredients

- 4 medium russet potatoes, (1 1/2 to 2 lbs/675 to 900 grams) scrubbed and rinsed ~ 6.5 to 8.5 carb servings
- 1/4 cup extra virgin olive oil  
~ 4 fat servings
- 1/2 tsp fine salt
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 2 Tbsp parsley, finely chopped
- 1/4 cup grated parmesan cheese  
~ 1 protein, 1/2 fat serving

## Instructions

### OVEN OPTION

- 1 Preheat the oven to 450°F. Line a baking sheet with foil or parchment paper. Cut potatoes into wedges, approximately 1/2 inch thick.
- 2 Place potatoes in a bowl of cold water with about 2 cups of ice cubes for 15-30 minutes, then drain well and thoroughly pat dry and place in a large dry mixing bowl.
- 3 Drizzle potatoes with 1/4 cup of olive oil and toss to coat potatoes in oil. Season potatoes with salt, paprika, pepper, and garlic powder and toss to combine.
- 4 Place potatoes on the baking sheet in a single layer, cut-side-down, and bake at 450°F for 20 min then flip the potatoes and bake another 12-15 minutes or until potatoes are crisp on the outside and tender inside.
- 5 Transfer the hot potato wedges to a mixing bowl, sprinkle with parmesan and parsley, and toss to combine. Serve right away with your favorite dipping sauce.



### AIR FRYER OPTION

Follow steps 1 through 3 above, then:

- 1 Place the potatoes into the air fryer basket and cook at 380°F for 10 minutes. Toss the French fries and cook for an additional 6-10 minutes until the fries are golden and crispy. Note that you may need to cook in multiple batches depending on the size of your air fryer.

Whole Recipe Breakdown:

1 Serving Protein  
6.5 to 8.5 Servings Carb  
4.5 Servings Fat  
0 Servings Veggies

 simple side dish

