

Baked Parmesan Fries

4 servings



Ingredients

- 1 pound potatoes, scrubbed with clean vegetable brush under running water, cut into wedges
- 1 Tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 Tablespoon Parmesan cheese, grated

Nutrition Information: Serving Size (1 cup): Calories 180, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrates 34g, Fiber 3g, Total Sugars 1g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Place potatoes in a large bowl. Drizzle with oil and sprinkle with garlic and Italian seasoning. Toss to coat evenly.
4. Spread the potato wedges in a single layer on the prepared baking sheet.
5. Bake for 7 minutes or until they start to brown. Flip the wedges over and bake for another 7 minutes or until the wedges are browned and cooked through.
6. Sprinkle with Parmesan cheese and serve immediately.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023



food.unl.edu

Baked Parmesan Fries

4 servings



Ingredients

- 1 pound potatoes, scrubbed with clean vegetable brush under running water, cut into wedges
- 1 Tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 Tablespoon Parmesan cheese, grated

Nutrition Information: Serving Size (1 cup): Calories 180, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrates 34g, Fiber 3g, Total Sugars 1g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Place potatoes in a large bowl. Drizzle with oil and sprinkle with garlic and Italian seasoning. Toss to coat evenly.
4. Spread the potato wedges in a single layer on the prepared baking sheet.
5. Bake for 7 minutes or until they start to brown. Flip the wedges over and bake for another 7 minutes or until the wedges are browned and cooked through.
6. Sprinkle with Parmesan cheese and serve immediately.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023



food.unl.edu