



RECIPE:

Baked Parmesan Fries

Number of Servings: 4

Ingredients:

- 1 pound potatoes, cut into wedges
- 1 Tablespoon vegetable oil
- 1 teaspoon Italian seasoning
- 1 Tablespoon Parmesan cheese, grated
- 2 garlic cloves, minced

Directions:

1. Wash hands with soap and water. Scrub the potatoes with a clean vegetable brush under running 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.

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1 cup (191g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 784mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	