

Spicy Potato Wedges

Ingredients:

- 1 tsp. paprika
- 1 tsp. chili powder (or 1/8 tsp. Cayenne)
- 1 Tbsp. dried tarragon
- 1 tsp. dry mustard
- 1 Tbsp. Dijon mustard
- 2-3 cloves minced garlic
- 3 tbsp. water
- 6 medium potatoes, scrubbed and cut into 1-inch chunks
- Cooking Spray



Servings: 10



*SOY FREE

Instructions:

1. Preheat oven to 425° F.
2. Mix all of the seasonings and water in a large bowl until you have a smooth paste.
3. Add the potato chunks, mix and coat with the seasoning mixture.
4. Spread out on two non-stick baking sheets sprayed with cooking spray and bake for 30-40 minutes, or until tender.

Nutrition Facts

10 servings per container	
Serving size	3/4 cup (89g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 324mg	6%

*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.