

Loaded Potato Wedges

Serves 5
Cook Time: 30 minutes



Adapted from: AllRecipes.com



**Greater Cleveland
Food Bank**

INGREDIENTS

- Cooking oil spray
- 2 large potatoes, sliced into wedges
- 2 TBS cooking oil
- Seasoning to taste (garlic, paprika)
- 8 oz protein (beans, cooked ground meat)
- 1/2 cup shredded cheese
- 1 tomato, diced (or salsa)
- 1 avocado, diced
- Scallions or herbs (for garnish)

DIRECTIONS

1. Heat oven to 425°F.
2. Spray baking pan with cooking oil spray.
3. Toss potatoes with oil and seasonings.
4. Place on baking pan in single layer.
5. Cook for 15 minutes; flip.
6. Cook until tender.
7. Add protein and cheese.
8. Top with tomatoes, avocados and scallions.

HEALTH HIGHLIGHTS:

This fun dish eats like a meal, with complex carbs and fiber from potatoes, protein from beans, and healthy fats from avocado. Baking the potatoes (not frying them) retains their potassium, which helps lower blood pressure.

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