

Potato Wedges

Ingredients

- 3 large baking potatoes
- 3 tablespoons vegetable oil
- 1 ½ teaspoons paprika
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons onion powder

Instructions

1. Preheat oven to 450 degrees F.
2. Scrub potatoes well but do not peel.
3. Cut each potato into 8 wedges, lengthwise.
4. Mix oil, paprika, garlic powder, chili powder, and onion powder together. Spread the mixture on the sides of each potato wedge.
5. Place on a baking sheet with space between wedges.
6. Bake for 30 minutes in preheated oven.
7. Refrigerate leftovers within 2 hours.



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Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.



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Papas Fritas Saludables

Ingredientes

- 3 papas grandes, para hornear
- 3 cucharadas de aceite vegetal
- 1 ½ cucharaditas de pimentón dulce (páprika)
- 1 ½ cucharaditas de ajo en polvo
- 1 ½ cucharaditas de chile en polvo
- 1 ½ cucharaditas de cebolla en polvo

Instrucciones

1. Caliente el horno a 450 grados F.
2. Lave bien las papas con un cepillo; quítele lodañado, pero sin pelarlas.
3. Corte cada papa en 8 tiras largas.
4. Mezcle el aceite, el pimentón dulce, el ajo, el chili y la cebolla en polvo, todo junto. Unte la mezcla por los lados de cada uno de los pedazos de papas.
5. Póngalos en la bandeja para hornear, dejando un espacio entre uno y otro pedazo.
6. Hornee por 30 minutos.
7. Refrigere lo que sobre dentro de las siguientes 2 horas.



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