

## MEXICAN OVEN BAKED POTATO WEDGES

**Preparation Time:** 10-15 minutes depending on the amount

**Cooking Time:** 30 – 50 minutes depending on the amount

**Cooking Temperature:** 400° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Sweet potatoes, cut into slim wedges with skin on	½ Medium	1 Medium	1 ½ Medium	2 Medium
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Paprika	½ tsp.	1 tsp.	1 ½ tsp.	2 tsp.

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Method:

- Put the sweet potato wedges in a bowl and drizzle with the olive oil, tossing well to coat lightly. Sprinkle the paprika over the chips and toss again to coat.
- Transfer to a large baking sheet and roast in a preheated oven, until the vegetables are crisp and golden.
- Serve immediately.

### Tips to Reduce Preparation & Cooking Time:

- Precook the sweet potatoes in the microwave to reduce cooking time.
- Cut thinner potato wedges to reduce the cooking time.
- Use a sharp knife to cut the sweet potato into wedges to reduce preparation time.

Mexican Oven Baked Potato Wedges - Analysis per Serving	
<b>Energy:</b>	
Calories (kcal):	221
<b>Protein (g):</b>	2.5
<b>Total Fat (g):</b>	8.1
Saturated Fat (g):	1.1
Monounsaturated Fat (g):	5.9
Polyunsaturated Fat (g):	0.7
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	0.0
<b>Carbohydrates (g):</b>	35.2
Of which is sugars (g):	0.0
<b>Fiber (g):</b>	4.4
<b>Sodium (mg):</b>	15.0