

Roasted Russet & Sweet Potato Wedges

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Servings: 8

Preparation Time: 20 minutes

Bake Time: 25 minutes

2 medium russet potatoes, peeled
2 medium sweet potatoes, peeled
2 tablespoons olive oil
2 teaspoons garlic powder
2 teaspoons ground cumin
2 teaspoons paprika
1 teaspoon seasoned salt
1/4 to 1/2 teaspoon crushed red pepper flakes
1/8 teaspoon pepper
DIP
1/2 cup sour cream
1/2 teaspoon seasoned salt
1/2 teaspoon garlic powder

Preheat oven to 400 degrees.

Cut each russet and sweet potato lengthwise into eight wedges.

Place the wedges into two greased 15x10x1-inch baking pans. Drizzle the potatoes with oil.

In a bowl, combine the garlic powder, cumin, paprika, salt, red pepper flakes and pepper. Sprinkle over the potatoes and toss to coat.

Bake for 25 to 30 minutes or until tender, turning once.

To make the dip, combine the sour cream, seasoned salt and garlic powder in a small bowl. Serve with the potatoes.

Per Serving (excluding unknown items): 117 Calories; 7g Fat (50.3% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 271mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.