

Fresh for Kids®

healthy potato wedges



Fresh for Kids® healthy potato wedges

Ingredients:

olive oil cooking spray

1 egg white, lightly beaten

750g large kipfler potatoes,
scrubbed and cut
lengthways into wedges

pizza or spicy barbecue
seasoning*, to taste

Spicy yoghurt dip

1/2 cup reduced fat thick
natural yoghurt

1 1/2 tbs sweet chilli sauce

Health benefits of Kipfler potatoes:

- A good reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.
- The skin of potatoes helps retain vitamins during cooking and also has higher levels of some antioxidants.

Method:

1. Preheat oven to 210°C. Lightly grease 2 baking trays with oil spray.
2. Place egg white in a large bowl. Add potato wedges and toss to coat evenly in egg white.
3. Place potato wedges skin-side down in a single layer on prepared baking trays. Sprinkle evenly with pizza or barbecue seasoning. Roast wedges, turning occasionally, on the top shelf in the oven for 30–40 minutes until crisp and golden.
4. Meanwhile, combine yoghurt and sweet chilli sauce in a small bowl. Serve wedges with sweet chilli yoghurt for dipping.

**Available in the herb and spice section in supermarkets*

Preparation: 20 minutes

Cooking: 30–40 minutes