

Low-Fat Potato Wedges

2 large (or 3-4 small) baking potatoes	2 tsp. garlic powder
2 tsp. olive oil	1 tsp. seasoned salt
1/4 c. flour	1/2 tsp. pepper
2 tsp. onion powder	Tin foil and 1 large Ziplock bag

1. Preheat the oven to 450°.
2. Line a large cookie sheet with a few layers of tin foil. Be sure to wrap the foil up and over the edges of the cookie sheet.
3. Pour the olive oil on the tin foil and spread around with a pastry brush to coat the tin foil.
4. Cut each of the potatoes in half lengthwise. Cut each half into 4 long wedges. You should now have 16 long wedges. Cut each long wedge in half across the middle. You should now have 32 small potatoes wedges.
5. Add the flour, onion powder, garlic powder, salt and pepper to the large Ziplock bag. Seal the bag and shake the mixture around until evenly mixed.
6. Add the potato wedges to the Ziplock bag in small batches. Seal the bag and toss the potato wedges in the flour mixture until evenly coated. Repeat this process until all of the potato wedges have been evenly coated.
7. Remove the potato wedges from the Ziplock bag and evenly distribute them on the cookie sheet.
8. Place the cookie sheet in the pre-heated oven and bake for 15 minutes. When the timer goes off, remove the cookie sheet, turn each of the potato wedges over, and return the pan to the oven and bake for an additional 20 minutes.
9. Remove from the oven and serve warm.

Low-Fat Fry Sauce

1/2 c. low-fat mayonnaise	1/8 tsp. paprika
1/4 c. ketchup	1/8 tsp. salt
1 tsp. dill pickle juice	1/8 tsp. pepper

1. Combine all of the ingredients above in a small bowl.
2. Stir until completely combined.