

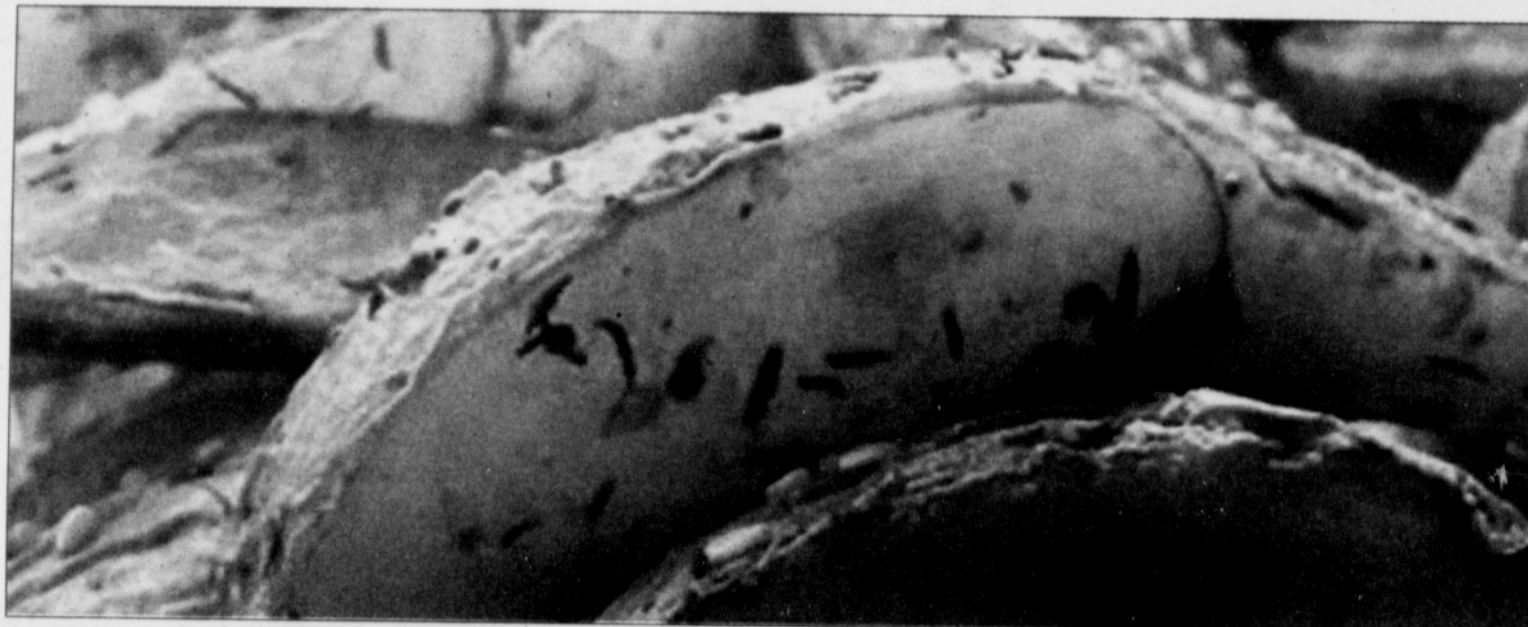
FOOD

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Healthy Potato Wedges

RECIPE BY PAUL A. NEUFELDT

Potato wedges are an excellent substitute for french fries. They make a delicious side to most dinners or lunches and you can serve leftovers as a quick snack. Unfortunately, if you drench potato wedges in oil or salt, they're no healthier than junk food. Making them healthful isn't difficult, and they require less preparation time than their greasy fried counterparts.

Ingredients:

- Any combination of Russet, Red or Sweet potatoes
- Fresh citris juice (lemon/lime/grapefruit/orange)
- Healthful Seasonings (such as ground black pepper, crushed red peppers, paprika, lemon pepper, ground cloves, parsley, cilantro, basil, rosemary, Minced garlic, onions and shallots)--be creative! But don't include salt to keep it healthy.

Process:

1. Scrub potatoes thoroughly (and peel if desired).

2. Slice a potato in half, lengthwise, lay the halves flat and slice them into thirds.
3. Soaking the wedges in warm water for a few hours to extract some of their starch to the improve baking process. Dry them afterwards.
4. Toss the potatoes with enough citris juice to coat them thoroughly.
5. Preheat oven to 400 degrees.
6. Place wedges peel side down on a cookie sheet.
7. Sprinkle on desired seasonings to your preferred taste (a visible light coating is usually plenty).
8. Put cookie sheet with wedges in oven and bake for 40 to 70 minutes. Flip the potatoes and stir them around at least oncen (up to four times) during the baking process, checking frequently to prevent burning.
9. Remove the wedges from the oven when they are crisp, lightly browned and have fluffy interiors.
10. Serve on a plate as is; or serve with a side of a light dressing for dipping.

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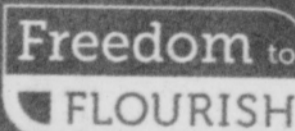
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