





AIR FRYER POTATO WEDGES

Makes 4 Servings

Nutrients Per Serving:

196 Calories | 11g Fat (1g Saturated) | 24g Carbohydrates | 1g Added Sugar | 3g Protein | 298 mg Sodium | 2g Fiber

Equipment Needed

 <p>Air fryer</p>	 <p>Knife and Cutting board</p>	 <p>Vegetable scrubber</p>	 <p>Large ziploc bag</p>
 <p>Measuring spoons</p>			

Ingredients

**Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice. **

 <p>3 small russet potatoes</p>	 <p>3 tablespoon olive oil</p>	 <p>1 teaspoon garlic powder</p>	 <p>1/2 teaspoon parsley</p>
 <p>1/2 teaspoon seasoned salt</p>	 <p>1/4 teaspoon pepper</p>		

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Preheat air fryer to 400° F.

3



Scrub the skin of the potatoes with a vegetable brush.

4



Cut potatoes in half lengthwise. Place them cut side down on a cutting board. Cut each half into four wedges.

5



Fill a ziploc bag with 3 Tbsp oil, 1 tsp garlic powder, ½ tsp parsley, ½ tsp seasoned salt, and ¼ tsp pepper. Add cut potatoes. Close and mix with your hands until potatoes are covered with the seasonings and oil.

6



Place in a single layer in the air fryer basket. Cook for 15 minutes. Shake the basket and cook an additional 10-12 minutes, shaking every 5 minutes.

7



Enjoy! Refrigerate leftovers immediately.