

Crispy Potato Wedges

4 medium russet potatoes, cut into large wedges
1 tbsp. vegetable oil
1/4 tsp. black pepper, freshly ground
1/8 tsp. salt
2 cloves garlic, minced
reduced-sodium catsup

Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

Preheat oven to 425°F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes. Transfer potatoes to a clean, large bowl. Sprinkle with oil, pepper and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet. Bake potatoes for 20 minutes. Using spatula, turn potatoes; sprinkle with garlic. Bake until golden brown, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately, with catsup on the side.

Variation: For a sweeter flavor, use sweet potatoes instead of russet potatoes. Proceed as directed. Add 1/2 tsp. of paprika when tossing potatoes with spices. Bake as directed.

Nutrition information per serving: calories 125; protein 2 grams; fat 2 grams; sodium 44 mg