



**Crispy Parmesan Potato Wedges**



# Crispy Parmesan Potato Wedges

Serves 4

## Ingredients

- Non-stick cooking spray
- 1 large or 2 medium eggs
- 4 medium Russet potatoes
- ½-¾ cup grated Parmesan cheese
- 2-3 tablespoons fresh parsley, chopped
- 1 ½ teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ - ½ teaspoon ground cayenne pepper

## Directions

1. Preheat oven to 375°F.
2. Spray a baking sheet with non-stick cooking spray.
3. Scrub potatoes. Do not peel.
4. Slice potatoes in half lengthwise, then cut each half lengthwise into thirds, or quarters to make wedges. Pat dry.
5. Whisk egg(s) in a small bowl until yolk and white combines.
6. Combine remaining ingredients in a medium bowl.
7. Coat each wedge in beaten eggs, then coat in dry mix until entirely covered.
8. Place potatoes in a single layer on a greased baking sheet. Bake for 20-30 minutes, depending on how thick your wedges are. Turn once during baking.
9. Allow to cool for 5 minutes before eating.

## **Nutrition information (per serving)**

172 calories, 6g fat, 2g sat fat, 20g carbohydrates, 10g protein, 2g fiber, 104mg cholesterol, 522mg sodium