

Serves 10

Ingredients

- 10 potatoes
- Small bunch of rosemary
- Olive oil spray

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Peel potatoes and cut into wedges.
3. Lightly spray wedges with oil and sprinkle with rosemary. Bake for 25 minutes or until wedges are crispy and fully cooked through.

Optional: mix it up by adding some sweet potatoes or carrots to create delicious rainbow wedges!



NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 151g		
	Per serve	Per 100g
Kilojoules (kJ)	439	291
Protein (g)	3.5	2.3
Total fat (g)	0.7	0.4
- Saturated fat (g)	0.1	0.1
Carbohydrates (g)	19.3	12.9
- Sugars (g)	0.9	0.6
Fibre (g)	2.4	1.6
Sodium (mg)	6	4

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines