

Crispy Wedges

2-3 servings : ~30 minutes : a recipe inspired by Kenzie Hawkins, can be scaled up easily for servings

Ingredients:

These are best measured with the heart depending on how seasoned you like your wedges, but here are some estimates to base yours off of:

- 2-3 small/medium russet potatoes
- 1 tblsp avocado oil
- ½ tsp salt
- ½ + tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp dried parsley
- ¼ tsp pepper
- optional : sprinkling of nutritional yeast

Instructions:

- Preheat oven to 400 degrees.
- Cut potatoes lengthwise in half, cut those halves in half, & then cut those halves in half - you should end up with 8 wedges (per potato) equal in size.
- In a small bowl, combine seasoning & set aside.
- In a large bowl, toss wedges in avocado oil.
- Sprinkle seasoning mixture over the wedges, stirring to coat them equally.
- Lay wedges flat in a single layer on an unlined baking sheet.
- Bake for 30-35 minutes, flipping to the opposite flat side after about 25 minutes for optimal crispness.
- they're ready once crisp on the outside and soft on the inside.

recipe notes:

- These are the perfect side dish for a roast chicken, chicken shawarma, chicken wings, or anything that needs a little crispy carb action
- This is also an amazing base for an epic late night snack:
 - Once the wedges are done, top with whatever you have! My favorite is freshly grated parmesan, crumbled bacon, parsley, & a dollop of sour cream. SO decadent!

what you learn from this recipe:

- Flipping the potato wedges changes everything for the amount of crisp you get.