

BC Potato Wedges with Sea Salt



FRESH TO YOU FUNDRAISER

Makes 4 servings

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Ingredients:

2 lbs	BC Red Potatoes (about 4-5 medium potatoes) washed and cut into wedges	900 g
1/4 cup	BC Canola Oil	60 ml
1 tbsp	Paprika	15 ml
1/4 tsp	Coarse Sea Salt and Pepper	1.25 ml

Preparation:

1. Pre heat oven to 400° F.
2. Line a baking sheet with parchment paper or a silicone mat to reduce sticking. Otherwise, use a non-stick baking sheet.
3. Toss the potato wedges, canola oil, paprika, salt and pepper together in a bowl.
4. Transfer the seasoned potato wedges to the baking sheet and spread out into 1 layer.
5. Roast the potatoes in the pre-heated oven for 20 minutes. Then use a spatula to turn the potatoes to prevent burning and ensure even browning.
6. Return the potatoes to the oven and continue to roast for 15 – 20 minutes or until potatoes are tender and golden browned and crisp on the outside and tender on the inside.

BC Ag Fact:

Potatoes are grown more than any other field vegetable in BC and in the rest of the world. Approximately 80% of BC's potato crop is sold for consumption as fresh market potatoes and 20% is grown as seed potatoes for local and export markets.

