

BC POTATO WEDGES WITH SEA SALT



Yields:

4 portion servings



INGREDIENTS

4-5 (2 lbs)	Medium Red 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 & Pepper	1.25 ml

DIRECTIONS

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.