

Oven Baked Potato Wedges

2 tablespoons vegetable oil
1/2 teaspoon salt
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
2 russet potatoes (unpeeled), cut into wedges
1 sweet potato (unpeeled), cut into wedges

1. Preheat oven to 450°
2. In a large bowl, combine oil, salt, rosemary and thyme. Add potatoes and toss to coat. Transfer to lightly greased baking sheet.
3. Bake wedges for 15-20 minutes (turning occasionally) until golden brown and tender.

Variation: For a spicier flavour, use salt and 2 tablespoons of chili powder.

Tip: Leaving the peel on shortens the preparation time and adds fibre to your meal; just be sure to scrub well with a brush under running water first.