



DIG INTO POTATOES





For more information, visit FoodWlse at go.wisc.edu/foodwise

> Facebook @foodwiseUWEX

Follow and share using #WIHarvestoftheMonth



Dig into Potatoes at home!

Oven Potato Wedges

Scrub 3 medium potatoes and pat dry. Cut potatoes into quarters. Cut each quarter into wedges. Toss potatoes in 3 Tbsp olive oil, salt and pepper to taste, and herbs of your choosing (rosemary, thyme, oregano, marjoram, or dill). Spread potatoes in a single layer on a baking sheet. Bake at 400°F for 20-30 minutes until tender and golden brown. Flip wedges over about halfway through baking. Serve with your favorite dip!

Kids in the Kitchen! Kids can:

- Mash potatoes.
- Sprinkle seasoning on homemade potato wedges.
- Scrub potatoes under cool running water.

Make meals and memories together. It's a lesson kids will use for life.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program - EFNEP. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.