

Cajun Potato Wedges

Preparation time: 10 minutes

Total cooking time: 25-30 minutes

Serves 4

Vegetable oil

4 medium potatoes (can peel)

1-2 tablespoons Cajun spice mix
(use less if spice mix contains a lot of salt)

1. Preheat the oven to 375°F. Pour 1 cm of oil into a baking dish and place in the oven until hot (about 5 minutes).

2. Cut the potatoes into wedge shapes or chunks. Roll the wedges in the Cajun spice mix until well coated.

3. Add the potatoes to the hot oil and toss to coat. Bake for 20 to 25 minutes or until golden brown, turning occasionally. Drain on paper towels. Serve immediately with tomato salsa and sour cream, if desired.

The Essential Vegetarian Cookbook, Whitecap Books, c1997.