

Homemade chips/wedges

2x potatoes

Low calorie spray

Potatoes that are good for chips, but any can be used even new potatoes (availability will depend on if they are in season)- King Edwards, Maris Piper, Romano, Desirée, or Russet potatoes.

- Peel your potatoes or leave skin on and wash if preferred.
- Ensuring your chopping board is secure with a nonslip mat or a damp cloth underneath cut potatoes into chips approximately 1cm x 1cm (potatoes are all shapes and sizes so do not panic if you have slightly different sizes)
- Pre-heat oven 190 degrees, gas mark 5.
- Wash the chips in cold water and drain.
- Spray chips with low calorie cooking spray ensuring a good coating. (At this point you can add optional seasoning for extra taste- Garlic powder or chilli or paprika or herbs e.g. thyme, rosemary)
- Spread out on a tray with no overlapping.
- Cook for approximately 35 minutes- until outer chip is crispy and inside is soft.

