

Can't Save it for Later' Tater

What You'll Need

- 4 baking potatoes, cut across and lengthwise into wedges
- 1 tablespoon olive oil
- 3 tablespoons Cajun seasoning cooking spray

Cajun Seasoning

- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground red pepper (optional)
- 1 teaspoon paprika
- 1 teaspoon black pepper

Serves 4

Let's Cook!

- 1 Preheat oven to 425 degrees.
- 2 In a bowl, combine potatoes, olive oil and Cajun seasoning. Mix until potatoes are coated.
- 3 Place wedges on baking sheet.
- 4 Coat lightly with cooking spray.
- 5 Bake for 20 minutes. Turn wedges over and bake for another 20 minutes until golden and crispy.

Nutrition Facts

Serving Size (176g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat —g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 10%



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Fat Facts

Fats are found in many foods, especially oil, butter, mayonnaise, peanut butter and cheese, to name just a few. A healthy diet includes some fats, but it is important to balance the type and amount of fats you eat during the day.

Are there different types of fats?

Some fats are better for you than others. The two fats that are considered “good fats” are monounsaturated fats and polyunsaturated fats. They are liquid at room temperature, like vegetable oil. Good fats help lower the cholesterol in your blood when eaten instead of bad fats. More on cholesterol in a minute!

Trans fats and saturated fats are called “bad fats.” These fats can raise your bad cholesterol and lower your good cholesterol. Bad fats are more solid at room temperature, like butter.

Don't be fooled — trans fat-free does not mean healthy.

Trans fats (one of those “bad” fats) were added to food labels in 2006. Just because a food is labeled “trans fat-free” doesn't make it healthy. Trans fat-free foods can still be high in calories and saturated fat. The best way to figure out if a food is healthy is to read the food label on the package.

Did someone say cholesterol?

Yes, back to cholesterol. Cholesterol is a soft, waxy, fat-like material found in your bloodstream and in the cells of your body. Too much cholesterol in your body can clog your arteries, putting you at greater risk for a heart attack. Your body makes cholesterol, but you also get cholesterol from the foods you eat. Foods that come from animals, such as beef, pork, poultry, cheese, butter and milk, have cholesterol in them. Foods from plants do not have cholesterol.

HDL is good cholesterol. It helps remove the bad cholesterol from your body. Bad cholesterol is called LDL. LDL is the kind of cholesterol that can clog your arteries.