

Low FODMAP Potato Wedges

Prep Time 10 mins	Cook Time 30 mins	Soaking Time 30 mins
	Total Time 40 mins	



Looking for a FODMAP friendly side dish? Your whole family will love these low FODMAP potato wedges.

Course: Side Dish
Cuisine: American
Servings: 4 people
Calories: 202 kcal
Author: The FODMAP Formula

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What You Need

- 2 yukon potatoes
- 2 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 tbsp fresh parsley (minced, *optional)

What You Do

1. Wash your potatoes and cut them into eighths. Stick them in a medium-sized bowl and soak them in water for at least 30 minutes (this will make them extra crispy).
2. While your potatoes are soaking, line a baking tray with parchment paper and preheat the oven to 450 degrees. Once your potato wedges have finished soaking, pat them dry and toss them in the olive oil, salt, and pepper. Bake for 30-35 minutes until the potatoes are cooked through and crispy. Toss with parsley and serve warm.