

Oven Baked French Fries

Ingredients:

Non-stick cooking spray
4 medium baking potatoes
1 tablespoon vegetable oil
Seasoning: try salt, pepper,
seasoned salt, garlic powder,
onion powder, paprika

Equipment:

Cutting board
Knife
Plastic Bag
Spatula

Number of Servings: 8
Prep Time: 5 minutes
Total time: 35 minutes

Directions

1. Preheat oven to 450°F. Lightly spray baking sheet with non-stick cooking spray. Set aside.
2. Wash potatoes thoroughly and dry with paper towel.
3. Cut potatoes lengthwise into long thick slabs about 1/2 inch thick.
4. Lay on cutting board and cut into 1/2 thick strips.
5. Pour oil and other seasonings in plastic bag. Add potatoes and toss to evenly coat.
6. Spread strips in a single later on a baking sheet and place in preheated oven.
7. Bake at 450°F for 15 minutes.
8. After 15minutes, take sheet out of oven and turn potato strips over using a spatula.
9. Immediately return sheet to oven and bake for 10-15 more minutes. Potatoes are done when browned.

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Nutrition Facts

Serving Size: 1/2 cup
Servings: 8

Amount Per Serving		Calories from Fat 18
Calories 88		
	%Daily Value*	
Total Fat 2g	3%	
Saturated Fat trace 1g	1%	
Cholesterol 0mg	0%	
Sodium 6mg	0%	
Total Carbohydrate 17g	6%	
Dietary Fiber 1g	6%	
Protein 2g	4%	
Vitamin A	0%	Vitamin C 30%
Iron	4%	Calcium 1%

*Percent Daily Values are based on a 2,000 calorie diet.

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