

# Eat Smart • Move More

## Oven Baked Fries

Prep Time: 5 minutes

Total Time: 45 minutes



### Ingredients

- 4 teaspoons canola oil, divided
- 4 baking potatoes, sliced into ¼-inch strips
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### Nutrition Facts

8 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(89.21g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>100</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	2.5g	<b>3%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	150mg	<b>7%</b>
<b>Total Carbohydrate</b>	18g	<b>7%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	1g	
Includes g of Added Sugars		
<b>Protein</b>	2g	
Vitamin D	0mcg	<b>0%</b>
Calcium	13mg	<b>0%</b>
Iron	1mg	<b>6%</b>
Potassium	464mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Don't peel the potatoes. The peel provides extra fiber and other nutrition benefits.
- ▶ Potatoes can be replaced with sweet potatoes, turnips, or butternut squash.
- ▶ Try this recipe with different herbs or spices, such as paprika, garlic powder, Italian seasoning, or cayenne pepper.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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### Directions

- Heat an oven to 450°F.
- Brush a baking sheet with 2 teaspoons of oil.
- Place strips of potatoes on the baking sheet in a single layer. NOTE: Potato strips should be uniform and resemble traditional French fries.
- Season the potatoes with salt and pepper.
- Drizzle remaining 2 teaspoons of oil on top of potatoes.
- Bake for 25 minutes, rotating the fries every 10 minutes. Cook for additional time if sides are not browned.

(Recipe adapted from Montana State University Extension Service recipes, as listed at: <https://www.myplate.gov>.)

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