

Eat Smart • Move More

Oven Baked Fries

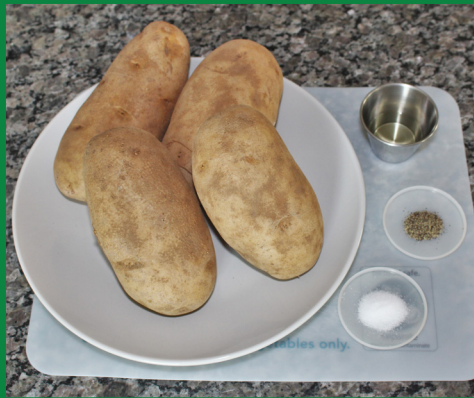
Prep Time: 5 minutes

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



Directions



1. Heat an oven to 450°F.
2. Brush a baking sheet with 2 teaspoons of oil.



3. Place strips of potatoes on the baking sheet in a single layer.
4. Season the potatoes with salt and pepper.



5. Drizzle remaining 2 teaspoons of oil on top of potatoes.



6. Bake for 25 minutes, rotating the fries every 10 minutes. Cook for additional time if sides are not browned.

Nutrition Facts

8 servings per container
Serving size 1 serving (89.21g)

Amount per serving
Calories 100

		% Daily Value*
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	18g	7%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	13mg	0%
Iron	1mg	6%
Potassium	464mg	10%

* 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.

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

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