

# Baked Fries



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**Serves:** 4

**Prep:** 10 minutes | **Cook:** 35 minutes

## INGREDIENTS

- 3 large potatoes, cut into 1/4 inch thick matchsticks
- 2 tablespoons cooking oil
- Salt, to taste
- Extra oil or cooking spray
- Additional spices (see options below)

## DIRECTIONS

1. Preheat oven to 450° F.
2. In a large bowl, toss potatoes with the oil, 1/2 teaspoon salt and additional spices (optional).
3. Grease a baking sheet with cooking spray or extra oil. Spread potatoes in a single layer.
4. Bake until golden brown and crisp, about 35 minutes.
5. Serve hot with your favorite condiments.

Additional spice options:

Cajun	1 1/2 tsp garlic powder, 1 1/2 tsp smoked paprika, 1 1/2 tsp oregano,
Garlic	1 1/2 tsp garlic powder
Sweet	1 tsp cinnamon + 1 1/2 tsp sugar
Herbs and	1 1/2 tsp of your favorite dried herbs + 1/4 cup parmesan cheese



## Nutrition Information

*Serving Size: 1/4 of recipe without additional spices or condiments*

<b>Calories</b>	<b>170</b>
<b>Total fat</b>	<b>7 g</b>
Saturated fat	1 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>285 mg</b>
<b>Carbohydrates</b>	<b>26 g</b>
Fiber	2 g
Sugars	1 g
<b>Protein</b>	<b>3 g</b>

Recipe source: Ellie Krieger