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.

Addition 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 cheese: 1 1/2 tsp of your favorite dried herbs + 1/4 cup parmesan cheese

Recipe source: Ellie Krieger

Nutrition Information
Serving Size: 1/4 of recipe without additional spices or condiments
Calories: 170
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 285 mg
Carbohydrates: 26 g
Fiber: 2 g
Sugars: 1 g
Protein: 3 g

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