



# Oven Fries

Makes 4 servings

## Ingredients:

- 4 medium baking potatoes or sweet potatoes
- 1½ tablespoons oil
- ½ teaspoon salt

Directions: Remember to wash your hands.

1. Scrub and dry potatoes (peeling is optional). Cut into thin sticks or wedges and place in large container with a tight lid. Pour oil on potatoes, cover, and shake to completely coat fries with oil.
2. Sprinkle salt on fries, along with a seasoning option below, if desired.
3. Spread fries in a single layer on baking sheets. Bake in preheated oven at 425 degrees F until golden brown and fork tender, 30-40 minutes. Stir and flip fries every 5-10 minutes. Serve immediately.

<p><b>Super Spicy:</b></p> <ul style="list-style-type: none"> <li>1/3 cup Parmesan cheese</li> <li>1 tablespoon garlic, minced</li> <li>1 teaspoon paprika</li> <li>1 teaspoon garlic powder</li> <li>1/2 teaspoon ground red pepper (optional)</li> <li>1/4 teaspoon red pepper flakes (optional)</li> </ul>	<p><b>Rosemary Garlic:</b></p> <ul style="list-style-type: none"> <li>3 cloves garlic, minced</li> <li>1 teaspoon dried rosemary</li> <li>2 tablespoons chopped parsley</li> </ul>	<p><b>Greek Style:</b></p> <ul style="list-style-type: none"> <li>2 tablespoon lemon juice</li> <li>1 teaspoon dried oregano</li> <li>1/4 teaspoon pepper</li> <li>2 cloves garlic, minced</li> </ul>
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Nutrition Facts per serving without seasoning: Calories - 155; Fat - 5 g; Sodium - 360 mg; Carbohydrate - 26 g.

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