

OVEN FRIES

Makes 6 servings

Serving Size: 10 fries

Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes
- 2 tablespoons vegetable oil
- seasonings (optional)*

*Try one or several of these seasonings: salt, pepper, seasoning salt, garlic powder, onion powder, chili powder, paprika

Directions

1. Preheat oven to 475° F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475° F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake at 475° F for 15 more minutes.

Nutrition information Per Serving

SWEET POTATO OVEN FRIES

130 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 1 g
Total Carbohydrate 21 g
Dietary Fiber 3 g
Sodium 10 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C

OVEN FRIES

170 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 3 g
Total Carbohydrate 29 g
Dietary Fiber 3 g
Sodium 10 mg



Excellent Source of Vitamin C



Eat Smart

