BAKED POTATO FRIES

SERVES 8

Preparation time: 10 minutes
Cook time: 30 minutes

INGREDIENTS

4 medium white potatoes (peeling optional)
2 tablespoons vegetable oil or canola oil
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 450° F. Lightly oil a 9x13-inch pan.
2. Cut potatoes into long, thick strips and pat dry.
3. Toss potatoes with vegetable oil.
4. Spread coated strips in one layer in pan.
5. Bake for 30-40 minutes, turning frequently, until potatoes are golden brown and tender.
6. Season with salt and pepper to taste.

SIMPLY GOOD EATING

Preparation time: 10 minutes
Cook time: 30 minutes

SERVES 8

TIPS & VARIATIONS

• USE SWEET POTATOS instead of white potatoes for a highly nutritious sweet alternative. Peeling the sweet potato is optional.

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