

# Fries

Makes 6 servings

## Ingredients:

- 3 medium baking potatoes
- 2 Tablespoons canola oil
- Spices you enjoy
- Dash of salt



## Directions:

1. Wash potatoes and cut into thick strips or wedges.
2. Toss pieces in a bowl with oil, spices and salt.
3. Spread pieces on baking sheet (any size) coated with non-stick spray.
4. Bake at 400°F for 20 minutes or until brown.

## Variation:

**Ranch:** Add 1 teaspoon Herb Ranch Seasoning and 1 Tablespoon grated Parmesan cheese.

**Mexican:** Add 1 teaspoon Mexican Seasoning.

**Sweet Potato:** Cut 2 large sweet potatoes into ½-inch strips. Use 1 teaspoon thyme and ½ teaspoon rosemary. Bake 450° F about 30 minutes. Salt and pepper to taste. For crispier fries, cut thinner strips.

**Italian:** Add 2 teaspoons Italian Seasoning with either regular or sweet potatoes.

## Nutrition Facts

Serving Size 8 fries (91.03g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.