



Oven-Baked Fries

Ingredients

- 4 teaspoons canola oil, divided
- 4 medium baking potatoes, sliced into ¼ inch strips
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Heat oven to 450°F.
2. Brush baking sheet with ½ of oil.
3. Cut potatoes lengthwise into strips.
Note: Pieces should be uniform and resemble traditional French fries.
4. Place potatoes on baking sheet in a single layer.
5. Season the potatoes with salt and pepper.
6. Drizzle remaining 2 teaspoons of oil on top of potatoes.
7. Bake for 25 minutes, rotating the baking dish every 10 minutes. Cook for additional time if sides are not browned.

Nutrition Facts

Serving Size 1 serving (89.21g)
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 6%

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