

Oven Fries

Hands-on - 10 min. Oven / Exercise - 50 min.

Serves 4

I can't begin to tell you how much my husband loves these! They're easy to make, inexpensive and a delicious low-fat version of the high-fat American favorite. I'll leave it up to you to decide what to serve them with. Perhaps baked chicken legs and steamed vegetables?

Tastes great with:

Baked Chicken Legs or Turkey Joes (page 89)
Steamed Vegetables

Preheat oven to 375°.

Coat a nonstick baking sheet with cooking spray.

4 med (6 oz each) baking potatoes (also try sweet potatoes, they're great!)

Thoroughly wash and scrub—peel if non-organic potatoes. (See tip above.) Cut lengthwise into wedges. Place in bowl.

1 T oil (canola or olive)

Drizzle over potatoes and toss.

1/2 tsp Mrs. Dash or Spike seasoning (salt-free) or any seasonings you like.

Sprinkle over potatoes and toss. Spread seasoned potato wedges over baking sheet. Set timer and bake 50 minutes or until tender. At the sound of the timer, transfer to a serving dish.

salt, pepper and ketchup

Sprinkle lightly with salt and pepper to taste. Serve with ketchup.



Note: Ore Ida now makes frozen potato wedges, which are almost exactly the same as these. Buying their product will save you from scrubbing and slicing potatoes (about 10 minutes).



Nutrition information for 1/2 cup, without ketchup, salt and pepper

Calories	164	Fat	3.5 g	Fiber	2 g	Sodium	8 mg	Total Carbohydrate	31 g
Calories from Fat	19%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	4 g	Sugars	1 g