Oven Fries

Ingredients:
3 potatoes (about 1 pound total)
2 teaspoons vegetable oil

Create-A-Flavor Changes
Add your own ideas, too!

- Try different kinds of potatoes.
- Add 1 teaspoon chili powder to the oil.
- Add 1 teaspoon garlic powder to the oil.
- Sprinkle potatoes with grated parmesan cheese before baking.
- Use sweet potatoes and sprinkle with cinnamon.

Directions:
1. Preheat oven to 425°F.
2. Wash and peel potatoes.
3. Put potatoes on cutting board. With a sharp knife, cut potatoes half lengthwise. Place the potato halves flat side down, and cut each into 4 slices; cut again to make thinner strips.
4. Place potatoes on a baking sheet.
5. Measure oil into a small bowl.
6. With pastry brush, lightly coat potatoes with oil.
7. Place baking sheet in preheated oven. Bake potatoes 20 minutes, or until browned.

Yields about 48 fries

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Nutrition Facts
Serving Size 12 fries (4.0 ounces)
Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
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<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
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<tr>
<td>Protein</td>
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<td>2%</td>
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</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat
Less than
65g
Saturated Fat
Less than
20g
Cholesterol
Less than
300mg
Sodium
Less than
2,400mg
Total Carbohydrate
Less than
300g
Dietary Fiber
Less than
25g
Sugars
Less than
30g

20% calories from fat

Nutrition facts are for standard recipe without variations.