

Skinny French Fries

Makes: 8 servings

Ingredients

4 potatoes (medium, cut into strips great with sweet potatoes!)

2 **tablespoons** vegetable oil

Directions

1. Preheat oven to 450 degrees. Lightly oil a 9 x 13 inch pan.
2. Wash and cut potatoes. Pat dry on towels.
3. Spread strips of potatoes in one layer in pan.
4. Distribute remaining oil evenly over potatoes.
5. Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.
6. Season to taste.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	4 g	1%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	
Sodium	150 mg	6%