

# Oven Fries

Meal Components: Vegetable

I-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 100 count (at least 8 oz each)	6 lb	12 each	12 lb	24 each	<ol style="list-style-type: none"> <li>1. Wash potatoes. Cut each potato in six pieces. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.</li> <li>2. In a bowl, toss potatoes with oil. On each paper lined half-sheet pan (13" x 18" x 1") distribute potatoes evenly skin side down. For 24 servings, use 2 half-sheet pans. For 48 servings, use 4 half-sheet pans.</li> <li>3. In a bowl, combine pepper, salt and paprika.</li> <li>4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.</li> <li>5. Bake: Conventional oven: 500° F for 25-28 minutes Convection oven: 450° F for 20-23 minutes Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender. CCP</li> </ol>
Vegetable oil		1/2 cup		1 cup	
Ground black or white pepper		1/2 tsp		1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		1/2 tsp		1 tsp	
		2 Tbsp		1/4 cup	

Parmesan cheese, grated

6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.

7. CCP: Hold at 140° F or warmer. Portion is 3 pieces.

Serving	Yield	Volume
3 pieces provide ? cup of vegetable.	<b>24 Servings:</b> 4 lb 7 oz	<b>24 Servings:</b> 72 pieces
	<b>48 Servings:</b> 8 lb 14 oz	<b>48 Servings:</b> 144 pieces

Nutrients Per Serving					
Calories	126	Saturated Fat	0.71 g	Iron	1.03 mg
Protein	2.53 g	Cholesterol		Calcium	21 mg
Carbohydrate	19.73 g	Vitamin A	37 IU	Sodium	197 mg
Total Fat	4.46 g	Vitamin C	9 mg	Dietary Fiber	2.1 g