



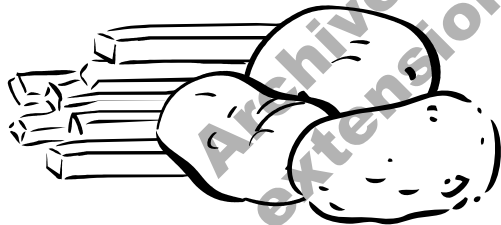
Skinny Oven French Fries

Servings: 8

Rinse fresh vegetables under running water. Scrub potatoes with a vegetable brush while rinsing.

Ingredients:

- 4 medium potatoes, cut into strips
- 2 tablespoons vegetable oil
- Salt and paprika (optional)



Directions:

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F. Spread oil on 9-by-13-inch pan.
3. Spread potato strips in one layer in pan. Distribute oil evenly over potatoes.
4. Bake until golden brown and tender, about 30 to 40 minutes. Turn frequently. Season to taste.
5. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 80

Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 0% Vitamin C 25%

Calcium 2% Iron 4%

Tips:

- Other seasonings to try are garlic powder or taco seasoning.
- Make this recipe with sweet potatoes and sprinkle with other spices like cinnamon or paprika.
- ☺ Get your kids involved — they can dry the potatoes for you.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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