

Oven-Baked French Fries

Ingredients

- 4 Russet potatoes
- ½ t. salt
- ¼ t. garlic powder
- ¼ t. onion powder
- ¼ t. paprika
- ¼ t. Italian seasoning

Instructions

1. Preheat oven to 425° and prepare a baking sheet lined with parchment paper.
2. Wash and cut potatoes into wedges, or rounds.
3. Mix seasonings with potatoes.
4. Place on baking sheet in single layer.
5. Bake for 25-30 minutes, or until nicely browned and cooked through.

Potatoes are a very popular food source. Unfortunately, most people eat potatoes in the form of greasy French fries or potato chips, and even baked potatoes are typically loaded down with fats such as butter, sour cream, melted cheese and bacon bits. Such treatment can make even baked potatoes a potential contributor to a heart attack. But take away the extra fat and deep frying, and a baked potato is an exceptionally healthful low calorie, high fiber food that offers significant protection against cardiovascular disease and cancer.

Our food ranking system qualified potatoes as a very good source of vitamin B6 and a good source of potassium, copper, vitamin C, manganese, phosphorus, niacin, dietary fiber, and pantothenic acid. whfoods.org

***1 serving, this recipe:**

77 calories

0 g Fat

74 mg Sodium

McDonald's French Fries (Medium):

370 calories

19 g Fat

266 mg Sodium