



## Potato Fries

### INGREDIENTS:

2 each Idaho potatoes, cut into fries  
¼ tsp. Sea salt  
3 sprays Non-stick cooking spray

### PREPARATION:

- Preheat oven to 400°F.
- Spray baking sheet with non-stick cooking spray.
- Place potato fries on baking sheet.
- Sprinkle with sea salt.
- Lightly spray top of potato fries with non-stick cooking spray. (This helps them crisp up)
- Bake in oven for about 20 minutes or until desired crunch is achieved.

Chef's Note: Swap in sweet potatoes and top with cinnamon!

**Number of Servings: 4**

**Serving Size: ½ potato**

**Calories: 60**

**Fat: 0**

BROUGHT TO YOU BY

*Hilton Head Health*



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM