



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

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