



Baked French Fries

Makes 4 servings (1 serving = 1 cup)

Ingredients:

- 5 potatoes cut into ¾ inch wide strips
- 1 tablespoon garlic powder
- Vegetable oil spray

Instruction:

1. Preheat oven to 400° F.
2. Place potato strips in a large bowl and sprinkle with garlic powder.
3. Coat a baking pan with vegetable oil spray.
4. Put one layer of potato strips on baking pan, place in oven and bake for 40 to 50 minutes, turning about every 8 minutes, until potato strips become crisp and golden.

Nutrition tips:

Because the potatoes are baked, these “French Fries” contain less than one gram of fat per cup versus regular fries, which contain 15 grams of fat per cup; that is a saving of 3 teaspoons of added oil.

Purple yams can be used for additional health benefits.

Nutrition information per serving:

Calories: 212

Cholesterol: 0 mg

Carbohydrates: 48 g

Total fat: trace

Sodium: 17 mg

Protein: 5 g

Saturated Fat: 0 g

Fiber: 7 g