

Oven Fries

I make these for my family all the time. My daughter has assured me multiple times that she does not like potatoes unless they are fried. I'm not telling!

The secret to getting the fries crunchy in the oven is the salt. Soaking the fries in the sugar/salt solution first helps to draw out the water in the potatoes prior to baking. I also use a pizza pan with holes in the bottom to evenly crisp my fries so I don't have to turn them.

- 4 medium potatoes peeled and cut into strips
- 3/4 tsp salt, divided
- 1/2 tsp sugar
- 1 Tbsp vegetable oil
- 1 tsp paprika or other seasoning

Nutrition Facts	
Serving Size 1 potato	
Servings Per Container 4	
Amount Per Serving	
Calories 159	Calories from Fat 45
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 442mg	18%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 0.5g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Preheat the oven to 450°F and spray pan with non stick cooking spray

In a large bowl, combine the potatoes 1/4 tsp. salt, sugar with cold water and soak potatoes for 15 minutes. Drain and blot dry with paper towels. In another bowl, toss the potatoes with the oil and paprika and place on pan in a single layer. Bake until cooked through and crisp, about 30 to 40 minutes. (depending on thickness of strips) Sprinkle with remaining salt.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at <http://the.familydinnerproject.org> for conversation starters. Sometimes a simple how was your day is a great way to start the conversation

