



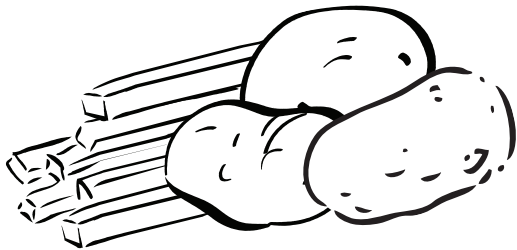
Skinny Oven French Fries

Servings: 8

Rinse fresh vegetables under running water. Scrub potatoes with a vegetable brush while rinsing.

4 medium potatoes, cut into strips
2 tablespoons vegetable oil
Salt and paprika (optional)

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F. Spread oil on 9 by 13-inch pan.
3. Spread potato strips in one layer in pan. Distribute oil evenly over potatoes.
4. Bake until golden brown and tender, about 30 to 40 minutes. Turn frequently. Season to taste.
5. Refrigerate leftovers immediately.



Nutrition Facts

8 servings per container

Serving size 1/2 potato (110g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 14mg **2%**

Iron 1mg **6%**

Potassium 444mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Other seasonings to try are garlic powder or taco seasoning.
- Make this recipe with sweet potatoes and sprinkle with other spices like cinnamon or cumin.
- Get your kids involved — they can dry the potatoes for you.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance