

French fries



Recipe credit

Adapted from the United States Department of Agriculture's Skinny [French Fries](#)

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

15 minutes preparation; 30-40 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 4 medium potatoes
- 2 tablespoons vegetable oil
- Salt or other seasonings

Directions

1. Preheat oven to 450 degrees F.
2. Lightly oil a 9 x 13 inch pan.
3. Wash the potatoes and pat dry on towels. Cut them into skinny strips.
4. Spread strips of potatoes in one layer in pan.
5. Distribute remaining oil evenly over potatoes.
6. Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.
7. Season to taste.

Tips and variations

- Substitute sweet potatoes for the regular potatoes.
- In place of salt, try a new seasoning such as garlic powder, Cajun seasoning, paprika, or mesquite seasoning.

Nutritional info

Calories

86

Total fat

3.5 g

Saturated fat

0.5 g

Sodium

76.2 mg

Total carbohydrates

12.8 g

Dietary fiber

0.9 g

Protein

1.5 g

Total sugar

0.4 g

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