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Oven Fries

Ready In: 35 minutes

Serves: 4

Make your own thick-cut fries at home with your favorite seasonings. Leave the skin on for extra nutrients.

Ingredients

- » 1 1/2 pounds Potato *approximately 4 medium*
- » 2 teaspoons Olive Oil
- » 2 tablespoons Fresh Herbs *ex. rosemary, parsley, oregano, etc. adjust to taste*
- » 1/4 teaspoon Salt *adjust to taste*
- » 1/4 teaspoon Black Pepper *adjust to taste*



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What you'll need

- » Large bowl
- » Sharp knife
- » Oven
- » Baking sheet
- » Cutting board
- » Measuring spoons
- » Oven mitt

Directions

1. Preheat oven to 475°F.
2. Wash and scrub potatoes.
3. Remove any dark spots and cut into: 1 inch cubes, 1/2 inch strips, cut lengthwise (fries), or 1/4 inch rounds, cut across.
4. In a large bowl: toss cut potatoes, olive oil and your choice of herbs.
5. Spread on a cookie sheet, in a single layer.
6. Sprinkle salt and pepper over potatoes.
7. Bake 15-25 minutes, depending on size, until golden brown.
8. Remove from oven and let cool for a few minutes.
9. Serve warm.

Chef's Tips

- » The 2 tablespoons of fresh herbs can be substituted with 2 teaspoons of dried herbs.

Nutrition Facts	
Serving Size 1	
Serving Per Container 4	
Amount Per Serving	
Calories 160	
	% Daily Value*
Total Fat 2.5 g	3%
Sodium 150 mg	7%
Total Carbohydrate 31 g	11%
Dietary Fiber 3 g	11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: