

Healthy Oven-Baked French Fries

There's something irresistible about a basket of crispy French fries. Unfortunately, traditional deep-fried fries are often loaded with excess oil, sodium, and calories that can turn a simple side dish into an unhealthy indulgence. The good news is you don't have to give up fries to enjoy a healthier lifestyle. These crispy oven-baked French fries are made with wholesome russet potatoes, lightly coated with heart-healthy avocado oil, and seasoned with a flavorful blend of herbs and spices. The result is fries that are crispy on the outside, tender on the inside, and perfect for satisfying your cravings without the guilt. Whether you're serving them alongside grilled chicken, turkey burgers, or enjoying them as a snack, these healthier fries are a delicious addition to any meal.

Healthy Oven-Baked French Fries

Prep Time: 15 minutes

Cook Time: 35 minutes

Soaking Time (Optional): 30 minutes

Total Time: 50–80 minutes

Servings: 4

Ingredients

- 2 medium russet potatoes, scrubbed clean (leave the skins on for extra fiber and nutrients, or peel them if you prefer a more traditional French fry)
- 1 tablespoon avocado oil
- 1 teaspoon garlic powder

- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon dried parsley flakes
- Optional: $\frac{1}{4}$ teaspoon cayenne pepper for a spicy kick

Optional Healthy Dipping Sauce

Greek Yogurt Garlic Dip

- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 1 teaspoon fresh lemon juice
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- Pinch of sea salt
- 1 teaspoon chopped fresh parsley

Mix all ingredients together until smooth and refrigerate until ready to serve.

Instructions

1. Preheat your oven to **425°F (218°C)**.
2. Line a large baking sheet with parchment paper.
3. Cut the potatoes into evenly sized fries about **$\frac{1}{4}$ -inch thick**.
4. For extra crispy fries, soak the cut potatoes in a bowl of cold water for **30 minutes**. This helps remove excess starch. Drain well and pat the potatoes completely dry with paper towels.
5. Place the potatoes in a large bowl and drizzle with avocado oil. Toss until evenly coated.
6. Add the garlic powder, onion powder, smoked paprika, parsley flakes, sea salt, black pepper, and cayenne pepper (if using). Toss again until all fries are evenly seasoned.

- 7. Arrange the fries in a single layer on the prepared baking sheet, leaving a little space between each fry. Avoid overcrowding the pan.
- 8. Bake for **20 minutes**.
- 9. Flip each fry and continue baking for another **12–15 minutes**, or until golden brown and crispy.
- 10. Serve immediately with the Greek Yogurt Garlic Dip or your favorite healthy dipping sauce.

Nutritional Facts (Approximate Per Serving)

French Fries Only

Nutrient	Amount
Calories	155
Protein	3 g
Carbohydrates	28 g
Fiber	3 g*
Sugars	1 g
Fat	4 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	295 mg
Potassium	640 mg
Vitamin C	20% DV
Iron	6% DV

*Fiber content will be slightly lower if the potatoes are peeled.

Nutrition values are estimates and may vary depending on ingredients and preparation methods.

Why You'll Love This Recipe

- Crispy without deep frying.
- Lower in fat than traditional French fries.
- Made with simple, wholesome ingredients.
- Naturally vegetarian and vegan (without the yogurt dip).
- Family-friendly and kid-approved.
- Easy to prepare for meal prep or weeknight dinners.

Women's Health Benefits

Potatoes are an excellent source of potassium, an important mineral that supports healthy blood pressure, muscle function, and nerve health. **Keeping the potato skins on boosts the fiber, potassium, and vitamin C content**, helping support digestive health while promoting fullness. Baking instead of deep-frying significantly reduces added fat and calories without sacrificing flavor. Avocado oil provides heart-healthy monounsaturated fats, while herbs and spices deliver bold flavor with less sodium than many restaurant fries.

Recipe Tips

- **Leave the skins on** for extra fiber, vitamins, and minerals, or peel them if you prefer a classic French fry texture.
- Soak the potatoes in cold water before baking to help remove excess starch and improve crispiness.
- Dry the potatoes thoroughly before seasoning to prevent steaming.
- Don't overcrowd the baking sheet—spacing allows the fries to crisp instead of becoming soft.
- For even crispier fries, switch the oven to **broil for the final 1–2 minutes**, watching carefully to prevent burning.
- Sprinkle with a little extra parsley immediately after

baking for added freshness.

Delicious Serving Ideas

Pair these healthy fries with:

- Grilled chicken breast
- Turkey burgers
- Homemade veggie burgers
- Grilled salmon
- Healthy wraps and sandwiches
- Air-fried chicken tenders
- Black bean burgers

Disclaimer: Nutritional values are estimates and may vary depending on the ingredients and brands used.