

Baked French Fries

Make these French fries with any seasoning you like. You can cut the French fries in any size you like such as thin or chunky. You can make the French fries with seasoning or leave the seasoning off and just dip the fries in ketchup. This recipe includes seasoning but you can choose whatever seasonings that satisfy your taste buds. This recipe serves 4.



Ingredients:

4 medium – large potatoes
1 teaspoon vegetable oil
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon garlic powder

Directions:

Preheat oven to 400 F. place aluminum foil on an oven tray and coat it with a non-stick cooking spray. Wash the potatoes off and stick holes in the potatoes with a fork. Microwave

potatoes on high until they are tender but not soft for 8 to 10 minutes. Cut the potatoes length wise into the desire size you want. Place the fries on the tray and brush them with the vegetable oil. Sprinkle the fries with the seasonings and bake on the top oven shelf for 45 minutes or until they are crispy. Serve.

Photo credit: olive oil French fries, yes, oven-baked by Gail
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