

The Simplest Oven Fried Potatoes

1 medium potato per person, any kind

oil, I prefer canola

salt and pepper to taste

Preheat oven to 400 degrees.

Cut potatoes into sticks, thick or thin. I leave the skins on.

Put on a baking sheet. Using parchment paper or non-stick foil makes clean up a snap.

Drizzle with oil and massage it over all the surfaces of the potatoes. Use a lot of oil if you want more calories, use only a little if you want fewer calories.

Bake for 30 to 45 minutes, depending on how thick the sticks are and how crispy you like your potatoes. The skinny fries pictured took 30 minutes. There is no need to fuss turning the potatoes during baking, please leave them alone. They will brown on the bottom where they contact the pan. And in other spots on the top and sides.

Serve with ketchup if desired. Heinz and Annie's Organic are gluten free, as are others. Again, read the label.

Read more: <http://blog.kitchentherapy.us/2009/06/p-is-for-potato-oven-fries/>

Kitchen Therapy
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