



Crispy Skin-On Oven Fries

INGREDIENTS:

- 3 medium baking potatoes
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- Vegetable oil spray

DIRECTIONS:

1. Preheat oven to 450 degrees F.
2. Scrub potatoes and pat dry. Cut each potato into 8 wedges. Arrange in a single layer, skin side down, on a baking sheet.
3. Stir the rest of the ingredients together in a small bowl (except oil).
4. Spray potatoes lightly with vegetable oil and sprinkle with salt mixture.
5. Bake, uncovered for 20 minutes or until potatoes are tender and skin is crisp.

Yield:12 servings. 70 Calories per serving. Total fat 0g; Protein 2g; Total carbohydrate 16g; Dietary fiber 2g