



Healthy Fries

SERVES: 4 PREP TIME: 20 mins. COOK TIME: 30 mins.

Ingredients:

1 Tablespoon Canola Oil or Olive oil

¼ cup Parmesan Cheese

1 teaspoon Italian Seasoning

4 medium Russet Potatoes, cut into wedges

Salt



Directions:

1. Preheat oven to 375 degrees F.
2. Cut potatoes into wedges.
3. In a large bowl mix oil and Italian seasoning.
4. Add potatoes and toss in mixture. Arrange potatoes on a baking sheet and sprinkle parmesan cheese.
5. Bake for 30 minutes or until potatoes are golden brown. Season with salt and serve.

Source: NourishInteractive.com

Nutrition Facts on Potatoes

1. 110 calories in a medium potato
2. High in vitamin C
3. Good source of potassium
4. Excellent source of fiber
5. Naturally fat-free and sodium-free