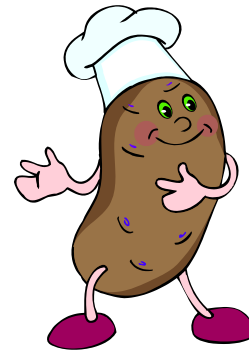




Crisp and Spicy Baked Fries



Serves 6

Make your own **Signature Fries** by experimenting with a variety of spices. Once you've got the spice blend to your liking try using other root vegetables such as parsnips, carrots or sweet potatoes.

6	large potatoes - unpeeled, scrubbed and cut into wedges (for example, cut each potato into 4 slices and then cut each slice into 2 wedges)	6
5 tsp	vegetable oil	25 mL
2 1/2 tsp	spice blend	12 mL

(try a variety of spices and herbs such as 1/2 tsp (2 mL) each of oregano, thyme, garlic powder and cayenne pepper blended with 1/4 tsp (1 mL) each of salt and paprika) - Or you can try using Cajun spice - a premixed spice blend.

Serving Ideas: Tasty plain or serve with your favourite condiments such as salsa, salt and vinegar or ketchup.

Directions:

- ▶ Scrub potatoes and cut into wedges.
- ▶ Combine oil and spices in a large bowl. Add wedges to the bowl and toss well to coat the potatoes.
- ▶ Spray a large cookie sheet with non-stick spray. Place potatoes in a single layer on the tray and bake (400 °F / 200 °C) for about 10 minutes until brown on one side.
- ▶ Flip the wedges over and bake until crisp about 10 more minutes. Wedges should be golden brown on the outside and soft on the inside.