



# Baked Potato Fries

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
9 lbs	potatoes, large, unpeeled and scrubbed	4 kg
2 tbsp	vegetable oil	30 mL
2 tsp	oregano	10 mL
2 tsp	thyme	10 mL
1 tsp	paprika	5 mL
¼ tsp	salt	2 mL
Optional		
2 tsp	garlic, minced	10 mL

## Instructions

1. Preheat oven to 400°F (205°C).
2. Scrub potatoes and cut into wedges or slices.
3. Combine oil and spices in a large bowl. Add wedges to the bowl and toss well to coat the potatoes.
4. Spray a large cookie sheet with non-stick spray. Place potatoes in a single layer on the tray and bake for about 10 – 15 minutes until brown on one side.
5. Flip the wedges over and bake until crisp about 10 – 15 more minutes. Wedges should be golden brown on the outside and soft on the inside.

Variations: You can experiment with a variety of other herbs and spices. You can try using other root vegetables such as yams, parsnips, and carrots.

### Nutrition Information

Serving 70 g

<b>Calories</b>	70
<b>Fat</b>	0.5 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	30 mg
<b>Carbohydrates</b>	15 g
	Fibre 1 g
	Sugars 1 g
<b>Protein</b>	2 g
Calcium	10 mg
Iron	1 mg

### Food Guide Servings

½ Vegetable & Fruit