

## **Garlic and Herb Oven Fries**

Richard Blais and Julianna Grimes  
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**Servings: 6**

**2 pounds baking potatoes, peeled and cut into 1/4-inch matchsticks.**  
**2 tablespoons canola oil**  
**1 1/2 tablespoons butter**  
**1 clove garlic, minced**  
**2 tablespoons parsley, chopped**  
**1/2 teaspoon Kosher salt**  
**1/4 teaspoon freshly ground black pepper**

Preheat a roasting pan and oven to 450 degrees.

In a large bowl, toss the potatoes in the canola oil.

Arrange the potatoes in the baking pan.

Bake the potatoes for 5 minutes.

Turn the oven to broil.

Broil for 20 minutes or until browned, turning once.

Melt the butter in a skillet. Add the garlic and saute' for 30 seconds. Add the fries and cook for 1 minute.

Add the parsley, Kosher salt and pepper. Toss and serve.

Yield: 6 1-1/2 cup servings

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Per Serving (excluding unknown items): 187 Calories; 8g Fat (35.7% calories from fat); 3g Protein; 28g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 196mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 1 1/2 Fat.