

Seasoned Oven Fries

Pat Fredericks - Oak Creek, WI

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Servings: 6

Start to Finish Time: 25 minutes

6 medium baking potatoes

2 tablespoons butter, melted

2 tablespoons canola oil

1 teaspoon seasoned salt

Preheat oven to 450 degrees.

Cut each potato lengthwise into thirds. Cut each portion into thirds.

In a large resealable plastic bag, combine the butter, oil and seasoned salt.

Add the potatoes. Toss to coat.

Place the potato pieces in a single layer on a greased baking sheet.

Bake, uncovered, for 10 to 12 minutes on each side or until tender.

Per Serving (excluding unknown items): 220 Calories; 9g Fat (34.2% calories from fat); 4g Protein; 33g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 278mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.