

RECIPES

Oven-fried Potatoes



Ingredients (6 servings)

- 3 medium sized potatoes
(white or sweet, or both kinds
mixed together)
- 3 tablespoons olive or cooking oil
- Salt and pepper to taste (optional)

For a flavor change -

add a sprinkle of dried herbs before baking.
Try rosemary, thyme, oregano, marjoram or dill.

Instructions

1. Scrub potatoes. Peel only if desired. Pat dry.
2. Cut into 1/4-inch slices.
3. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
4. On a baking sheet, spread in a single layer.
5. Bake at 425 °F for 20-30 minutes or until tender and golden brown, turning occasionally to brown evenly.

Nutrition Information per serving:

142 calories, 7 g fat, 1 g sat fat, 2 g protein,
19 g carbohydrate, 2.3 g fiber, 7 mg sodium

POTATOES

Choose: Look for clean, smooth, firm-textured potatoes with no cuts, bruises or discoloration.

Store: in a cool dry place. Perforated plastic or paper bags help extend their shelf life. Keep potatoes out of the light.

How much? 1 medium potato weighs 5-6 ounces each. 1 medium potato weighs 5-6 ounces;
1 pound of potatoes is generally about three medium potatoes.