

## RECIPES

## Oven-fried Potatoes



### Ingredients (2 serving)

2 medium-sized potatoes  
(white or sweet, or both kinds  
mixed together)  
2 teaspoons 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 or marjoram, or dill.

### Nutrition Information per serving

204 calories, 4.7 g fat, .65 g sat fat,  
g protein, 37.3 g carbohydrate,  
4.5 g fiber, 158 mg sodium.

### Instructions

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

## POTATOES

**Choose:** 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 pound of potatoes is generally about three medium potatoes.