Oven “Fries”
From – Moosewood Restaurant Low-Fat Favorites

2 lbs potatoes (3 large potatoes)
1 Tbsp olive oil
1 Tbsp paprika
1 tsp ground cumin
salt to taste

• Preheat over to 425 degrees.
• Wash the potatoes well and peel, if you wish.
• In a large bowl, stir together the olive oil, paprika and cumin – set aside.
• Cut the potatoes lengthwise into slices no thicker than 1/2”. Then cut through the stacked slices to make 1/2”-wide strips.
• Toss the potatoes in the oil and spices until well coated.
• Arrange the potatoes in a single layer on a baking sheet prepared with cooking spray or lightly oiled.
• Bake for 45 to 60 minutes, stirring occasionally, until the fries are golden and crisp.
• Sprinkle with salt to taste and serve immediately.

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