



Dr. Laleh's French "Fries"

Ingredients

Amount

Yellow/ Golden Potatoes	3 Medium
Extra Virgin Olive Oil	2 TBS
Granulated Garlic	1 TBS
Sea Salt	½ teaspoon
Ground Black Pepper	1 teaspoon

Preparation:

- Select potatoes that are long and narrow
- Wash potatoes well and allow them to dry or towel dry.
- Slice into long thin slices with the skin on
- In a large mixing bowl, add potatoes, olive oil and spices and mix well.
- Preheat the oven to 375 F.
- Lightly coat an oven-safe Pyrex dish with oil using an oil spray. (you may need 2 dishes to layer potatoes in a single layer)
- Spread the potatoes in a single layer.
- Bake in the oven for 20-30 minutes, check periodically to avoid burning, as oven vary.
- Once potatoes are cooked, turn oven to broil.
- Broil until golden brown and crispy.
- Enjoy hot.

Helpful tip: Leftovers are best reheated in the oven to maintain crispiness.

Makes 4 servings- See nutrition facts below.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 151

% Daily Value *

Total Fat 7 g **11 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 5g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 222 mg **9 %**

Potassium 482mg **14 %**

Total

Carbohydrate 22g **7 %**

Dietary Fiber 2 g **7 %**

Sugars 1 g

Protein 3 g **5 %**

Vitamin A **0 %**

Vitamin C **34 %**

Calcium **2 %**

Iron **51 %**
