Roasted Oven Fries

**Serves: 4**

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| For a healthier alternative to fries, tries this baked version. Using sweet potatoes makes it even more nutritious!  | **Cost Per Recipe**$**Cost Per Person**$ | **Time Required**Prep: 15minCook: 30min | Parmesan Roasted Potatoes |

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| **Ingredients** | **Procedure** |
| * 2 pounds medium red or Yukon gold potatoes, or sweet potatoes, cut into ½ - 1 inch pieces
* 1 teaspoon dried thyme or rosemary (optional)
* 2 tablespoons olive oil
* 1 teaspoon salt

All of this can be bought at Aldi / Shop n Save / Schnucks | 1. Heat oven to 450F. Toss the potatoes, herbs (if using), oil and salt in a large bowl. Spread potatoes out on a large roasting pan or on a parchment-lined baking sheet.
2. Make sure that the potatoes are in a single layer. If they are on top of one another they will steam instead of roast.
3. Roast, stirring once, until golden brown, for about 25-30 minutes.
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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| * The trick to cooking these quickly is to cut them up in small pieces. Otherwise, they will take upwards of 50 minutes.
* Sweet potatoes are a healthier alternative to white potatoes; try a mixture if your family loves white potatoes.
* Focus participants on the health benefits of baking instead of frying.
* Focus participants on using herbs to spice up food instead of more salt.
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