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: 15min  Cook: 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. |