

Oven Fried Parmesan Potatoes



Serves 5

Ingredients:

- 4 medium potatoes
- 1 tbsp vegetable oil
- 1 tbsp grated Parmesan cheese
- ½ tsp garlic powder
- ½ tsp paprika
- 1/8 tsp pepper
- Salt to taste (optional)

Procedure:

- Preheat oven to 230°C/ 450°F.
- Scrub potatoes, but don't peel.
- Cut in wedges or strips.
- Place potato slices in a plastic bag with the oil and shake well to coat potatoes evenly.
- In a plastic bag, mix seasonings.
- Add potatoes and shake to coat.
- Arrange potatoes, in a single layer, on a baking sheet that has been sprayed with not-stick cooking spray.
- Bake for 30 – 35 minutes or until golden brown.

Per serving:

- Calories: 159
- Protein: 3 gm
- Carbohydrates: 29 gm
- Fat: 3 gm

The addition of seasonings and cheese adds flavor and a golden color to these low-fat French fries.