

Oven Fries



Where service *and savings* matter.



SERVINGS: 4

INGREDIENTS:

- 3 russet potatoes (about 8 oz each), peeled, each potato cut lengthwise into 10 to 12 evenly sized wedges
- 5 Tbsp vegetable or peanut oil, divided
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper

NUTRITIONALS

Nutritional analysis per serving: calories 320, calories from fat 160, total fat 18g, saturated fat 2g, cholesterol 0mg, sodium 460mg, total carbohydrate 37g, dietary fiber 4g, sugars 2g, protein 4g, vitamin A 0%, vitamin C 35%, calcium 4%, iron 10%

DIRECTIONS:

Preheat oven to 475°F with oven rack at lowest position. Place potatoes in large bowl and cover with hot tap water; soak 10 minutes. Meanwhile, line 18 x12-inch heavy-duty rimmed baking sheet with foil and spray with non-stick cooking spray. Cover with 4 tablespoons oil and sprinkle evenly with $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; set aside.

Drain potatoes. Spread onto paper towels and pat dry. Dry bowl; return potatoes to bowl and toss with remaining 1 tablespoon oil. Arrange potatoes in single layer on prepared baking sheet; cover tightly with foil and bake 5 minutes. Remove foil and continue to bake until bottoms of potatoes are spotty golden brown, 15 to 20 minutes, rotating baking sheet after 10 minutes. Using metal spatula and tongs, scrape to loosen potatoes from pan, then flip each wedge, keeping potatoes in single layer. Continue baking until fries are golden and crisp, 5 to 15 minutes longer, rotating pan as needed if fries are browning unevenly.

Transfer fries to second baking sheet lined with paper towels to drain. Serve hot.

source: Cook's Illustrated

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★ Oven Fries ★ Shopping List

PRODUCE:

- 3 russet potatoes

SPICES/SEASONINGS:

- Salt
- Pepper

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Vegetable oil

FOLD