

## Baked Lowfat French Fries

3 medium potatoes

½ teaspoon onion powder or flakes

½ teaspoon paprika

¼ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

Wash potatoes and slice into ¼ inch slices. Dry potatoes on paper towel. Combine seasonings in a large plastic bag. Add potatoes and shake well to coat. Spray a baking sheet with non-stick cooking spray and arrange potato slices in a single layer. Bake 425 degrees fro 12-15 minutes on each side or until brown and crisp.

Makes 4-6 servings

Serving size 8 ounces

Nutrients per serving:

Calories:85

Total Fat: less than 1 gram

Saturated fat: less than 1 gram

Cholesterol: 0mg

Sodium: 106 mg

Carbohydrate: 19 grams

Protein: 3 grams