



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Oven Fries

1. Wash a baking potato.
2. Cut into thick strips
3. Toss in a bowl with 1 tablespoon oil, spices you like, and a dash of salt.
4. Bake at 400° F for 20 minutes or until brown.

Variation-

Substitute sweet potato for baking potato.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences
Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.