

Jr. Chef Club
Cooking for Heart Health
Lesson 7

Oven Fries

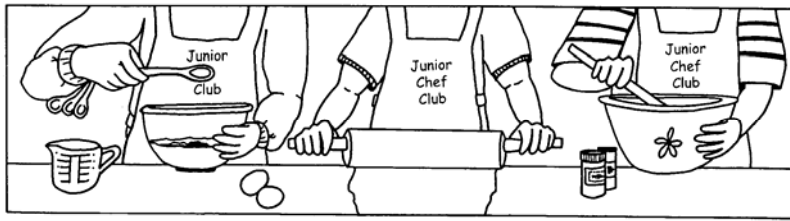
Makes enough to provide a sample for 25-30 students.

Ingredients:

6 medium potatoes
1½ tablespoons oil

Directions:

1. Preheat oven to 425° F.
2. Peel potatoes and cut into long strips about ½ inch thick. Peel and at least partially cut potatoes ahead of time. The students aren't able to cut through a whole potato with the plastic knives they are given.
3. Toss potato strips in a bowl with oil.
4. When the strips are completely coated with oil, spread in a single layer on a cookie sheet and put in preheated oven. Sprinkle with garlic powder or some other seasoning if desired.
5. Bake for 25 minutes. Using a spatula, turn strips over. Bake 15–20 minutes longer. In the convection oven the fries should cook in under 35 minutes total, so turn after about 12–15 minutes.



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