

Oven-Baked Potato Fries

4 baking potatoes (or red potatoes or yams)

1T plus 1 ½ t. olive oil

½ t. salt

Preheat oven to 450 degrees.

Cut potatoes lengthwise to desired thickness and length.(the thinner they are the faster they will cook) and place in bowl.

Sprinkle the olive oil and salt over the potatoes. (you may use cinnamon instead of salt on yams)

Toss potatoes until covered lightly and evenly.

Arrange potatoes on cookie sheet or baking dish.

Bake for 15 min.

Remove from oven and turn the potatoes over.

Bake for another 15 min.