

## Better than French Fries

Get the great taste of roasted potatoes without all the fat of French fries. Only 5 minutes of preparation and 25 minutes in the oven and you're ready to eat. Or, consider making a batch of Roasted Sweet Potato Fries (different seasonings, but just as easy). Check our listing for that recipe. Goes great with the Healthy Chicken Nuggets.

½-1 potato per person depending on the size of the potatoes and whether you're feeding 6 a year-old or a 16 year-old.

3-4 tbsp Olive oil

1 tsp kosher salt

1 tsp ground black pepper

1-2 tsp herb de provence

Preheat oven to 400 degrees with the oven rack set ½ - 2/3 of the way up.

Place a sheet of aluminum foil or parchment paper on a baking sheet.

In a mixing bowl pour the oil and add the salt, pepper, and herb de provence.

Rinse and dry potatoes. Cut each potato in half length-wise. Again length-wise, cut each potato half into 3 or 4 wedges. Throw the wedges into the bowl and mix with the oil and seasonings. Place the wedges on the baking sheet with the skin down.

Bake for about 25 minutes. You'll know they're done when they start to turn golden brown and puff out a little. If they burn (and they probably won't), the next time you make them, turn the temperature down 25 degrees or set the oven rack lower.