



## Lite Seasoned Oven Fries

**Prep: 15 minutes • Bake: 45 minutes • Serves: 4**

- 4 small Idaho russet potatoes (about 1½ pounds), unpeeled
- Nonstick cooking spray
- 4 teaspoons extra virgin olive oil
- 2 teaspoons Mrs. Dash® original seasoning blend
- 1 teaspoon garlic powder
- 2 tablespoons chopped fresh parsley

**1.** Preheat oven to 425°. Slice a thin layer from 1 narrow end of each potato to form a flat surface. Place potato on cutting board, flat-side down. Cut potato into ½-inch-thick slices. Stacking 2 slices at a time, cut potatoes into ½-inch-thick pieces. Repeat with remaining potatoes.

**2.** Line large rimmed baking pan with parchment paper or foil sprayed with nonstick cooking spray. Toss potatoes with oil, seasoning blend and garlic powder; spread potatoes in single layer. Bake 45 to 50 minutes or until lightly browned and crisp, stirring once halfway through baking. Sprinkle fries with parsley to serve.

*Approximate nutritional values per serving: 139 Calories, 5g Fat (32% of total calories) 1g Saturated Fat (6% of total calories), 0mg Cholesterol, 9mg Sodium, 23g Carbohydrates, 2g Fiber, 3g Protein*

*Dietary Exchanges:  
1½ Starch; 1 Fat*