Oven French Fries

Ingredients
2 pounds large potatoes
8 cups ice water
1 teaspoon garlic powder
1 teaspoon onion powder
⅛ teaspoon salt
1 teaspoon pepper
⅛ teaspoon allspice
1 teaspoon pepper flakes (if desired)
1 tablespoon vegetable oil

Directions
1. Scrub potatoes and cut into ½-inch strips.
2. Place potato strips into ice water; cover and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, pepper, allspice and pepper flakes in a plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking dish. Cover with aluminum foil and bake at 475 degrees for 15 minutes.
8. Remove foil and continue baking uncovered for an additional 15–20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

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**Family Nutrition Program**

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

**For information on free classes:**
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www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces  •  1-877-520-5211

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

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