

# Baked French Fries



## Ingredients

- 4 large potatoes, washed and cut into wedges or fries
- 2 Tbsp olive oil
- 1 tsp salt-free Italian seasoning
- 2 tsp dried rosemary

## Directions

1. Place potatoes in a large pot and cover with water, bring to a boil. Reduce heat to medium-high and cook for 10 minutes, until potatoes are tender.
2. Preheat a broiler to medium-high heat.
3. Drain water and toss potatoes in olive oil, Italian seasoning and rosemary. Arrange potatoes on a baking sheet in a single layer.
4. Place cookie sheet under the broiler and cook for about 15 minutes. Serve warm.

**Nutrition Facts:** Serving Size: 1/6 of recipe; Calories: 230; Calories from Fat: 45; Total Fat: 5g; Saturated Fat: 0.5g; Trans Fat: 0g; Sodium: 20 mg; Total Carbohydrate: 42g; Dietary Fiber: 5g; Sugars: 2g; Protein: 5g; Vitamin A: 0%; Calcium: 4%; Vitamin C: 30%; Iron: 15%