

Oven-Baked Potato Fries



This is a great recipe to get kids started learning how to cook. Take a day, take a week, teach them new things each day. We used this for our 'at-home' camp week. Taught the kids how to cook one new thing each day for an entire week.

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Servings: 4

Yield: 4 servings



Ingredients

2 pounds baking potatoes, each cut into six wedges

2 tablespoons olive oil

½ teaspoon dried thyme leaves

¼ teaspoon ground black pepper

salt to taste

¼ cup shredded Cheddar cheese (Optional)

Directions

Step 1

Preheat oven to 450 degrees F (230 degrees C).

Step 2

Arrange potato wedges on a baking sheet. Drizzle olive oil over the wedges; season with thyme, pepper, and salt. Turn wedges with a spatula to coat with oil and seasonings.

Step 3

Roast potato wedges for 15 minutes, turn, and continue roasting until soft in the center, about 15 minutes more. Transfer wedges to a platter and sprinkle cheese over them.

Cook's Notes:

You can also make a sweet potato version by using ground cinnamon and omitting thyme, pepper, and cheese.

Tips

You can use vegetable oil in place of olive oil.

Nutrition Facts

Per Serving: 264 calories; protein 6.4g; carbohydrates 39.9g; fat 9.3g; cholesterol 7.4mg; sodium 96.5mg.