

Side Dish

Baked Fries

Women's Day Magazine

Servings: 8

6 russet potatoes

6 c lo garlic

8 sprigs fresh thyme, picked from stems

5 tablespoons olive oil

salt and fresh ground black pepper to taste

Preheat oven to 450 degrees.

Place whole potatoes (do not poke) into a microwave-safe covered dish. Microwave on HIGH for 3 to 4 minutes depending on microwave strength. Let cool.

Cut each potato lengthwise to desired size.

In a large mixing bowl, toss the potatoes with garlic cloves, olive oil and thyme, and sprinkle lightly with salt and pepper.

Arrange the potatoes in a single layer on a baking sheet.

Bake for 10 minutes until the potatoes are crisp and dark golden brown on all sides.

Transfer the potatoes to a plate. Try serving with roasted garlic.

Per Serving (excluding unknown items): 123 Calories; 9g Fat (60.7% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Fat.