

## **Seasoned Fries with Cheese Sauce**

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**1/2 bag (28 ounce) frozen crinkle-cut fries**  
**1 tablespoon olive oil**  
**1/4 teaspoon Kosher salt**  
**1/4 teaspoon pepper**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon onion powder**  
**1/4 teaspoon paprika**  
**1/2 cup half and half**  
**4 ounces sharp cheddar cheese, diced**  
**2 slices American cheese, diced**  
**1/2 teaspoon Worcestershire sauce**  
**salt**  
**pepper**

Preheat the oven to 425 degrees.

In a bowl, combine the olive oil, Kosher salt, pepper, garlic powder, onion powder and paprika. Toss the fries in the seasoning mixture.

Spread on a baking sheet. Bake until crisp, about 30 minutes.

In a saucepan over medium heat, heat the half and half until steaming. Add the cheddar and American cheeses. Cook, whisking, until smooth. Whisk in the Worcestershire sauce. Season with salt and pepper to taste.

Serve with the fries.

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Per Serving (excluding unknown items): 1591 Calories; 136g Fat (76.4% calories from fat); 82g Protein; 12g Carbohydrate; trace Dietary Fiber; 377mg Cholesterol; 4480mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 1/2 Non-Fat Milk; 20 1/2 Fat; 0 Other Carbohydrates.