

## Home-Made Oven Fries

Preparation time	15 minutes
Cooking time	35-40 minutes
Servings	4-6
Cost per serving	44¢
Storage	3 days in the fridge. Fries are best when served right out of the oven.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large bowl, baking sheet, parchment paper (or oil), wooden spoon, spatula.



## Ingredients



45 ml (3 tbsp)  
canola oil



10 ml (2 tsp)  
paprika



10 ml (2 tsp)  
curry powder



5 ml (1 tsp)  
brown sugar



Salt and pepper  
to taste



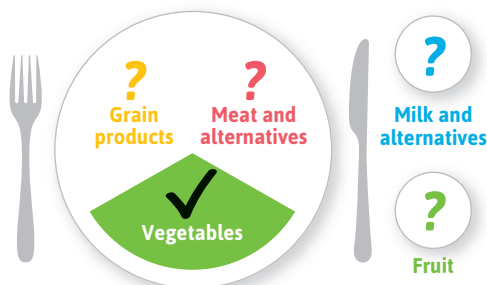
1 medium size **sweet potato**, peeled  
and cut into French fry sticks

YOU CAN USE ONLY  
SWEET POTATOES OR ONLY  
REGULAR POTATOES.



2-3 **regular potatoes**, peeled  
and cut into French fry sticks




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### Balanced plate

✓ One serving of this side dish is a tasty way to add vegetables to your menu!

# Directions

1	Place oven rack in the middle position and preheat the oven to 230°C (450°F). Oil a baking sheet or cover with parchment paper.	   230°C (450°F)
2	In a large bowl, mix the <b>oil</b> with the <b>paprika, curry powder, brown sugar, salt</b> and <b>pepper</b> .	
3	Add the <b>sweet potato</b> and <b>regular potato</b> sticks. Mix thoroughly so the sticks are well coated.	
4	Spread the <b>vegetable sticks</b> on the baking sheet and bake about 20 minutes.	 
5	With a spatula, flip the <b>vegetable sticks</b> and continue cooking for 15 to 20 minutes, until golden and crispy.	 

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition