

GUIDE



EAT FRENCH FRIES GUILT-FREE

Fast food fries are the ultimate comfort food, but you'd prefer to pass on the grease—and excess calories and fat. Satisfy your shoestring craving with this lightened-up recipe from Dawn Jackson Blatner, RD, a healthy cooking instructor in Chicago and the author of *The Flexitarian Diet*. Since they're baked and not deep-fried, you'll save significant calories and fat grams.

Makes: 4 servings (about 1 cup per person)

- 2 large Russet potatoes
- High-heat cooking oil spray
- Sea salt to taste
- 1 tablespoon of your favorite herbs or spices such as dried oregano, rosemary, black pepper, or chili powder

Heat oven to 400°. Wash potatoes, leave skin on, and cut into fry shapes, using a mandoline or fry cutter. (The skinnier, the crispier!) Place on sheet pans in a single layer—no overlapping. Mist with high-heat cooking spray and toss. Sprinkle with sea salt. Bake for about 30 minutes, flipping only once mid-way through baking. Remove from oven when golden and sprinkle with seasonings. Dig in.

Photo: Fries, Stockbyte/Getty Images

Simplicity

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The card that understands life is surprising enough already.

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