

vnast's fat free french fries

whatcha need (besides russet potatoes):

-generic brand of "extra virgin olive oil cooking spray" ...i've used roundy's....works great, don't have to spring for pam...

-kosher salt (you can use regular or sea salt)

-coarse ground black pepper

-garlic salt

-garlic powder

-(ONLY IF YOU LIKE THE HEAT) a sprinkle of paprika and/or crushed red pepper flakes

crank the oven to 400 degrees (this will ensure they cook for less time and you can eat them sooner!)

cut those potatoes, skin on, in whatever manner you prefer!

(thin circular slices, rectangle steak fry style, wedges, or even make little potato boats!)

fyi...anything cut thicker should go on the exterior of cookie sheets so it will cook faster...thinner slices toward the center of cookie sheet

on the cookie sheet....

1. spread aluminum foil over cookie sheet

2. spray with evoo cooking spray generously

3. drizzle kosher salt (at least a few pinches), pepper (just a few sprinkles), garlic salt (a few shakes evenly), and garlic powder (a few shakes evenly)...here is where you can sprinkle a little bit of paprika and/or crushed red pepper flakes if you like HEAT!

4. place potato slices on top of sprayed and sprinkled sheet and sort of press down on them and move them around so they get all of the spices on the bottom (this makes it so you don't have to flip them)

5. repeat steps 2 and 3 over top of potato slices

6. cook for about 10-20 minutes (depending on thickness of potato slices) until the edges are golden brown and the centers are cooked. you may just have to try one to see if they are done all the way! but let it cool a bit first so it doesn't burn your tongue!

serve with whatever toppings you like! ketchup, mustard, honey mustard, light sour cream, reduced fat cheese...whatever you'd like really!