

Zadie's Baked Seasoned Fries— Low Fat and Sodium

3 Tablespoons **Zadie's Cajun Barbeque Seasoning**

1 pkg (aprox. 1 ½ pounds) Frozen French Fries, Potato Wedges, or
Fresh-Cut Potatoes Pieces

Non-Stick Cooking Spray

Additional Sprinkle of **Zadie's Cajun Barbeque Seasoning**

Cut end off of frozen potatoes or place potatoes in a large plastic bag. Spray potatoes lightly with non-stick cooking spray. Sprinkle **Zadie's Cajun Barbeque Seasoning** over potatoes in bag. Shake to distribute seasoning. Pour potatoes into an 11x13 pan or cookie sheet into a single layer. Bake potatoes at 400° for 12-15 minutes. Turn potatoes over, and then return pan to over for an additional 5-7 minutes. Remove from oven. Spray potatoes lightly with non-stick cooking spray and sprinkle on additional seasoning to taste.

Non-Fat/Low Sodium Chip and Vegetable Dips

Using 8 ounce of Non-Fat Sour Cream, mix in 3 tablespoons **Zadie's Cajun Barbeque Seasoning** as shown below.

Zadie's Cajun Crab Dip— Low Fat and Low Sodium

1 cup Chopped Crab Meat, cooked

1/2 cup Non-Fat Sour Cream

8 ounces Non-Fat Cream Cheese, softened

2 Tablespoons **Zadie's Cajun Barbeque Seasoning**

Mix all ingredients together in a small bowl. Great to serve with crackers and fresh vegetables.