



FORKS OVER KNIVES™

Oil-free French Fries & Salt-free Ketchup by Cathy Fisher

Serves 4



1 6-oz. can no-salt-added tomato paste
1 half of an apple diced (with or without skin)
1/3 cup water
1 tablespoon lemon juice
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
3-4 potatoes washed and unpeeled;
any variety (russet, Yukon Gold, sweet potato,
or yam), cut into 1/4-inch x 1/4-inch lengths

Instructions:

Ketchup: Combine all ingredients in a blender or Vitamix until smooth.

Preparation: 5 minutes; *cooking time:* 0 minutes; *makes:* 1 cup

Fries: Place cut potatoes on a cookie sheet lined with parchment paper or a silicone baking mat. Bake at 400 degrees for 15 minutes. Take out and flip the fries over and bake for another 15 minutes, or until they are golden brown and puffed up. Serve immediately with ketchup or mustard.

Preparation: 10 minutes; *cooking time:* 30 minutes; *serves:* 4

Notes: For the ketchup: 1/3 cup apple juice may be substituted for the apple and water. / 1 tablespoon vinegar may be substituted for the lemon juice. / For the fries: add some flavor by placing the cut potatoes into a plastic bag with 1/2 teaspoon garlic powder (or dried herb/spice of your choice) and shaking to coat the potatoes before baking.