



Makes 24 to 32 fries
Cook Time: 1 hours

INGREDIENTS:

1 tablespoon onion powder
1½ teaspoons garlic powder
1½ teaspoons sweet paprika
1 teaspoon ground turmeric
1 teaspoon ground coriander
¼ teaspoon cayenne pepper
Sea salt
1½ pounds russet potatoes (3 or 4 medium-small), scrubbed and cut into 1-inch-thick wedges
2 tablespoons fresh lemon juice (from 1 lemon)
Ketchup and Dijon mustard, for serving (optional)

Spicy French Fries

Plain baked fries are certainly tasty enough, but once in a while it's nice to spice it up, as we do here.

Revised/updated from [The Forks Over Knives Plan](#)

By Darshana Thacker Wendel

- 1 Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- 2 Place a steamer basket in a large pot and add about 2 inches of water. Place the potatoes in the steamer, cover and steam on high heat for 10 minutes. The potatoes will be about 75 percent cooked.
- 3 In the meantime, in a medium bowl, stir together the onion powder, garlic powder, paprika, turmeric, coriander, cayenne, lemon juice and salt to taste.
- 4 Transfer the potatoes to the bowl with spices and toss gently but well to coat the potatoes evenly. Arrange the potato wedges on the baking sheet, leaving plenty of room between them.
- 5 Bake for 20 to 25 minutes.
- 6 Serve the fries hot, with ketchup and Dijon mustard for dipping, if desired.