



Serves 4

Preparation Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS:

3-4 potatoes washed and unpeeled; any variety (russet, Yukon Gold, sweet potato, or yam), cut into ½-inch wide sticks

Ketchup

Baked French Fries & Ketchup

Try these baked, oil-free french-fries and ketchup which are a tasty delight! The ketchup can also be used on veggie burgers or a potato scramble, and will keep for up to 10 days in the refrigerator.

From straightupfood.com

Find this recipe and more kid-friendly and comfort food ideas in the [Forks Over Knives Recipe App](#).

By Cathy Fisher

- 1 Place cut potatoes on a cookie sheet lined with parchment paper or a silicone baking mat.
- 2 Bake at 400° F for 15 minutes.
- 3 Take out and flip the fries over and bake for another 15 minutes, or until they are golden brown and puffed up.
- 4 Serve immediately with Ketchup or mustard.

Note: Add some flavor by placing the cut potatoes into a plastic bag with ½ teaspoon garlic powder (or dried herb/spice of your choice) and shaking to coat the potatoes before baking.