

# Oven Fries

Vegetable

Vegetables

I-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Medium baking potatoes	5 lb		10 lb		1. Wash potatoes. Cut each potato in quarters. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.
Vegetable oil		1/2 cup		1 cup	2. In a bowl, toss 2 lb 8 oz potatoes with 1/4 cup oil. Spread evenly on baker's paper on a half-sheet pan (18" x 13" x 1").
Black pepper		1/2 tsp		1 tsp	3. In a bowl, combine pepper, salt, and paprika.
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		1/2 tsp		1 tsp	
					4. Sprinkle 1 1/2 tsp of this seasoning mix over each pan of potatoes.
					5. To Bake: Conventional Oven: 500 degrees F, 25 to 28 minutes Convection Oven: 450 degrees F, 20 to 23 minutes Turn after 15 minutes for even cooking. Bake until brown and tender.
					CCP Heat to 140 degrees F or higher.
Parmesan cheese, grated		2 Tbsp		1/4 cup	6. Sprinkle 1 Tbsp Parmesan over each tray of potatoes. Return to oven for 1 minute.
					7. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
2 pieces provide 3/8 cup of vegetable	<b>25 Servings:</b> 4 lb 3 oz	<b>25 Servings:</b>
	<b>50 Servings:</b> 8 lb 6 oz	<b>50 Servings:</b>

Special Tip:  
Other root vegetables, such as turnips, parsnips, and sweet potatoes may also be oven-fried.

# Oven Fries

Vegetable

Vegetables

I-05

## Nutrients Per Serving

<b>Calories</b>	224	<b>Saturated Fat</b>	.9 g	<b>Iron</b>	6.4 mg
<b>Protein</b>	4 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	47 mg
<b>Carbohydrate</b>	42 g	<b>Vitamin A</b>	5 RE/36 IU	<b>Sodium</b>	226 mg
<b>Total Fat</b>	4.8 g	<b>Vitamin C</b>	10 mg	<b>Dietary Fiber</b>	4 g