

BAKED CRISPY POTATOES

4 Servings, about 1/2 cup each, plus 4 servings for snack

Potatoes	4 pounds
Vegetable oil	4 tablespoons
Ground cumin	1 teaspoon
Red pepper	1/4 teaspoon

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

1. Lightly coat a 7- by 12- by 1-inch pan with oil.
2. Wash potatoes; cut in half lengthwise.
3. Place cut sides of potatoes on the oiled pan; rub potatoes in the oil; turn potatoes over so that cut sides are facing up.
4. Mix cumin and red pepper together; sprinkle over potatoes.
5. Bake at 400° F until potatoes are golden brown and tender, about 20 minutes.

PER SERVING:

Calories	170
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	0
Sodium	10 milligrams