

SHOESTRING POTATOES

4 Servings, about 6 ounces each

Potatoes	<u>1-1/2 pounds</u>
Vegetable oil	<u>3 tablespoons</u>
Salt	<u>1/4 teaspoon</u>
Pepper	<u>1/4 teaspoon</u>

PREPARATION TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

1. Preheat oven to 450° F.
2. Wash potatoes; cut lengthwise into thin strips.
3. Combine remaining ingredients in plastic bag.
Put potatoes in bag; seal; shake to coat potatoes.
4. Arrange potatoes in single layer on baking sheet.
5. Bake until crisp and golden, about 30 minutes.

PER SERVING:

Calories	<u>255</u>
Total fat	<u>14 grams</u>
Saturated fat	<u>2 grams</u>
Cholesterol	<u>0</u>
Sodium	<u>156 milligrams</u>