

Better-Than-French Fries ~ Sarah Roberts

Why I Make These: Who doesn't love the crispy, pillowy, salty, deliciousness of a perfectly cooked French Fry?! They are one of the most popular comfort foods for a reason. But with all of the trans fat in restaurant fries, I like to make my own. In this recipe, we leave the skin on, we roast instead of fry, we use a heart healthy oil and we use only a pinch of salt. All the taste we want, without the stuff that makes us feel bad. Win-win!

INGREDIENTS

Mini potatoes (or cut larger potatoes into medium-sized pieces)

Water

Salt

Avocado Oil

INSTRUCTIONS

1. Preheat oven to 425°F and prepare a baking sheet with parchment paper.
2. In a pot with a tight fitting lid, add potatoes and enough cold water to cover them.
3. Season with a little salt, cover with the lid, and bring potatoes to a boil over high heat.
4. Once the water boils, set your timer for 10 minutes and partially remove the lid, allowing some heat to escape. Turn the heat down so that the water keeps gently boiling, but doesn't boil over.
5. Once cooked, strain the potatoes and dump them onto the parchment. NOTE: They will be hot! You may want to wait a few minutes for them to cool slightly before moving to Step 6.
6. Press down on each one gently until it "bursts".
7. Using a spoon, drizzle a little avocado oil onto each potato, season with a pinch of salt and bake for 20 minutes.
8. Flip them over and continue to bake for another 10-20 minutes, depending on how crispy you like your fries. ENJOY!

P.S. These can easily be made in batches and warmed up again later on.

P.P.S. Feel free to season with any herbs you like, such as rosemary, chives, garlic....whatever your taste buds crave!