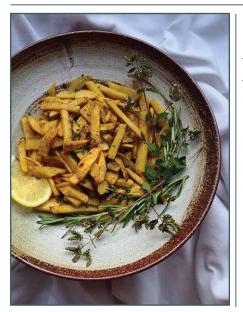


ROASTED POTATO FRIES



Ingredients 4 cups potatoes (4 medium-large potatoes) 4 tbsp avocado oil, canola oil, or liquid coconut oil 1 tsp salt ½ tsp ground pepper 1 tsp herbes de Provence 1 tsp dried rosemary 1 tsp dried parsley



- I. Peel the potatoes, then slice them into sticks or wedges.
- 2. Put the potato sticks into ice water for at least 10 minutes, then rinse them and pat them dry.
- 3. Preheat the oven to 400°F.
- 4. Spread the potato sticks out on the baking sheet and drizzle with oil.
- 5. Sprinkle the potatoes with the seasonings, then toss well. Spread all the sticks out evenly on the baking sheet.
- 6. Bake at 400°F for 40 minutes, until cooked and crispy. Halfway through the baking time, toss the fries again and drizzle them with more oil if necessary.