

# French Fries

Recipe by: [moongardens.org](http://moongardens.org)



## Ingredients

- A variety of potatoes (white, orange, purple)
- Peanut or grapeseed oil
- Salt



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## Directions

- Preheat oven to 425.
- Leave skins on and wash potatoes.
- Cut potatoes into a uniform size of approximately 1/4 inch in width. Then create close to uniform length with the potatoes. Place cut potatoes in a bowl and lightly dry potatoes with a clean cloth or paper towel.
- Toss potatoes with oil just to coat. Sprinkle with salt. For 3 potatoes toss with approximately 1 1/2 tablespoons oil and 1/2 teaspoon salt.
- Place on cookie tray (you may want to place on parchment paper or a silicon mat) and bake for 10 minutes, then flip potatoes around and taste for tenderness.
- Then bake for approximately 8-10 more minutes or until desired consistency is reached.

## Get Creative

- Sprinkle with some garlic powder.
- Use fries as a salad topper.

For any comments or suggested ingredients for upcoming recipes, please email us at [info@moongardens.org](mailto:info@moongardens.org)