

## Recipe

### Homemade French Fries

By

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## Ingredients

2 medium baking potatoes  
¼ tsp salt  
¼ tsp pepper  
Less than 1/8 tsp chili pepper flakes, optional  
2 tbsp olive oil

## Preparation

Preheat the oven to 375F. In a medium bowl, mix oil, salt, and pepper. Slice potatoes (about ½ - inch thick) and toss them well in the bowl with seasoning. Bake potato slices on the greased baking sheet(s) for 35 to 40 minutes. Sprinkle some chili flakes and black pepper (or parsley flakes) on top of fries before serving.

\*\*\*Deep fried fries taste better but baked fries are a healthier snack for your child.

## Serves

3-4

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