

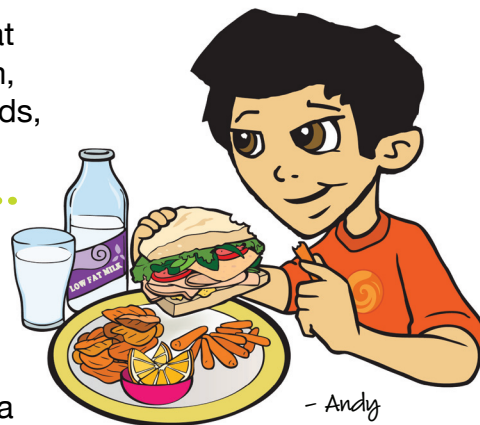


# Guide to Home Baked Fries

French fries are one of those foods that adults feel guilty about eating and of which kids can't get enough. Baking fries in the oven at home is the perfect compromise. You save tons of calories, have endless seasoning possibilities, and the kids will happily devour them. To boost the nutrition even more, think outside of the white potato box. **Here are the Super Crew's fun, delicious, and super healthy ways to make fries at home!**

## Andy's Favorite: Sweet Potato Fries

Sweet potato oven baked fries are quite simply one of the tastiest, easiest, most nutritious things you can make. Sweet potatoes are one of the Super Crew Super Foods! Andy wants you to know that they are packed full of fantastic nutrition like vitamin C, potassium, and fiber – but above all they are an excellent source of carotenoids, a potent antioxidant!



**Making these potatoes with the kids is fun, because they get to choose and apply the seasoning!**

- Go southwestern with some cumin and a dash of cayenne
  - Make them sweet with some cinnamon and nutmeg
  - Make them smoky with some chili powder and smoked paprika
  - Go simple and just do a little rosemary, salt, and black pepper
- The options are essentially endless! Once you decide on your seasoning, let the kids help you mix the oil and spices so all the fries are evenly coated.

### Ingredients:

- Chose one of the spice blends below
- Cumin and cayenne
  - Cinnamon and nutmeg
  - Chili powder and smoked paprika
  - Rosemary, salt, and black pepper

### Directions:

1. Preheat the oven to 450 degrees Fahrenheit.
2. Cut the potatoes into rough french fry shapes – or you can do wedges or rounds.
3. Put the potato slices on a baking sheet and drizzle with a little olive oil.
4. Place the baking sheet in the oven and bake for 20-25 minutes, flipping once halfway through the cooking time so they are evenly browned.
5. Remove from the oven & let cool.
6. Serve with your favorite dipping sauce.

### Dipping Sauces:

- Low-fat Greek Yogurt
- Low-fat sour cream
- Ketchup –mix with 1/3 tomato sauce to cut down on sugar
- Pesto
- Hummus
- Or try any of these sandwich spreads as dips





## Penny Prefers Purple Fries

One of Penny's favorite things at the farmer's market over the winter (when she is often yearning for the colors of summer) are purple potatoes. When you cut into them and see that vibrant purple flesh – the aching for blueberries and eggplant will disappear at once. They are the perfect potato to make oven-baked fries! They crisp up and brown slightly on the outside, but when you bite into them they are a delightful lavender color! **Penny wants to remind you that the purple color indicates that they are packed full of a cancer-preventing antioxidant called anthocyanin.**

So, not only are purple potatoes gorgeous to look at and super kid-friendly, but they are also incredibly good for you and your family! Follow the directions for the sweet potato fries above – season them with whatever complements your dinner, and enjoy your fries guilt-free!



- Penny

## Carlos Loves Parsnip Fries!



Carlos discovered parsnip fries a few years back and literally can't imagine a winter without them. When you eat by the season and by what is available at your farmer's market, things can get, well, a little dull in the winter. Coming up with fun and new ways to use an ingredient is part of the challenge that eating seasonally presents. Carlos loves a good challenge!

Parsnip fries were born out of the fact that all vegetables are delicious when roasted! Roasting brings out their natural sweetness (and heats up the house!). Instead of being boring and just cubing them up, Carlos loves to make them into fries. The result is a super delicious, nutritious alternative to the normal fry. You still feel like you are having "fun" food – but they're parsnips (which actually have far fewer calories than potatoes)! Parsnips have a beautiful woody, lemony tang when roasted and are the perfect texture for picking up and dipping.

They cook at the same temperature and for the same amount of time as potatoes. To prep them, simply peel as you would a carrot, cut into quarters lengthwise, and carefully cut out the tough core (the core boundaries should be clearly visible). Slice into french fry shapes, and prepare as above. Once again, the seasoning is completely up to you!

**As the winter approaches, make sure you remember to try out these ideas with your friends and family. And don't be afraid to get creative – rutabaga fries anyone?**



- Carlos



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