

# Fine w/ Food

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## CRISPY OVEN BAKED FRENCH FRIES

- 2 potatoes
- avocado oil (or avocado oil spray, you can get this at Trader Joe's!)
- paprika
- salt & pepper

rinse and dry potatoes and cut into ¼ inch sticks

fill a large mixing bowl with water and ice and place potato slices in ice bath. set aside for 15 minutes

while potatoes are soaking, preheat oven to 450°F, and line baking sheets with parchment paper. drizzle avocado oil (or spray) over the parchment paper

after potatoes have soaked, dry them off completely using paper towels. (make sure they are completely dry you don't want any moisture/water or else they won't get crispy) and place on baking sheets

drizzle (or spray) potatoes with more avocado oil, place in the oven, and bake for ~35 minutes, turning halfway through

once potatoes are finished baking, transfer to a large bowl and sprinkle fries with paprika and salt & pepper, toss, serve & enjoy!

