



# Healthy Fries

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**SERVES: 4    PREP TIME: 20 mins.    COOK TIME: 30 mins.**

## Ingredients:

1 Tablespoon Canola Oil or Olive oil

¼ cup Parmesan Cheese

1 teaspoon Italian Seasoning

4 medium Russet Potatoes, cut into wedges

Salt



## Directions:

1. Preheat oven to 375 degrees F.
2. Cut potatoes into wedges.
3. In a large bowl mix oil and Italian seasoning.
4. Add potatoes and toss in mixture. Arrange potatoes on a baking sheet and sprinkle parmesan cheese.
5. Bake for 30 minutes or until potatoes are golden brown. Season with salt and serve.

Source: [NourishInteractive.com](http://NourishInteractive.com)