

Garlic "Fries"

By Young Chefs, 2015

Makes 4 servings

Most of us love French fries. They are difficult to resist. Fortunately, these garlicky "fries" will satisfy our cravings without deep fat frying. They are crisp on the outside and tender on the inside, just the way we like them.

INGREDIENTS

3 cloves garlic, finely diced (about 1
tablespoons)

2 tablespoons canola oil

3 baking potatoes

$\frac{1}{2}$ teaspoon salt



1 tablespoon Italian parsley, minced
Salt to taste

DIRECTIONS

Preheat the oven to 400°F.

Heat the **garlic** and **oil** together in a small saucepan over medium heat for 2 minutes. Strain the **garlic** from the **oil** with a small mesh strainer. Set both **garlic** and the **flavored oil** aside separately.

Prepare wedges by cutting each **potato** in half lengthwise. Cut each half, lengthwise, into 4 or 6 equally-sized wedges, depending on the thickness of the potato or how thick of a **potato wedge** is desired. In a large bowl, toss together the **garlic-flavored oil**, **potato wedges** and **salt**.

Line two baking sheet pans with a Silpat, parchment paper or foil. Evenly divide the **garlic-flavored potato wedges** between the lined sheet pans; spread out in a single layer. Bake at 400°F for 15 minutes; stir the potatoes, so that they will brown evenly. Bake until golden and crisp, **a total** of about 30 to 35 minutes.