



Veggie Fries

Ingredients:

2 medium potatoes/sweet potatoes



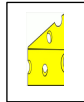
1 tbsp vegetable oil



1 tsp parsley/dill

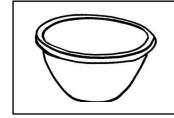


2 tbsp parmesan cheese



Supplies:

2 Bowls



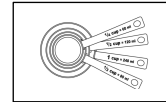
Knife



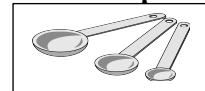
Baking Sheet



Measuring cups



Teaspoon and Tablespoon



Steps:

1. Wash and peel vegetables. Chop into sticks or rounds – not too thick.
2. Mix spices and parmesan cheese in a bowl.
3. In a separate bowl toss vegetables in oil.
4. Remove vegetables from oil and put in a bowl with seasoning mix and toss to coat.
5. Put vegetables on cookie sheet and bake in oven at 425 degrees F for 20 minutes until crispy. Turn halfway through baking.

Enjoy with salad dressing or vegetable dip!