

Betty's Slimming Oven Baked Potato Strips Recipe



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In this video, Betty demonstrates how to make her "French Fries" that are baked, not fried! This is a great way to have an All-American snack, without all the fat and calories. They are spicy, too!

Ingredients:

- 2 medium to large Idaho baking potatoes
- 1/2 cup water
- 2 tablespoons vegetable oil (I used peanut oil.)
- 1/2 teaspoon hot pepper sauce (more, if you like them really spicy!)
- 1 envelope seasoned coating mix for pork (Shake 'n Bake)
- 1/4 cup grated Parmesan cheese
- cooking oil spray

Peel the 2 potatoes, and cut them into lengthwise strips, about 1/4-inch to 3/8-inch wide, making all strips as equally-sized as possible. Store them in a large bowl, covering them with cold water, until ready to use. Combine 1/2 cup water, 2 tablespoons vegetable oil, and 1/2 teaspoon hot pepper sauce in a small dish. Combine 1 envelope of coating mix and 1/4 cup Parmesan cheese in a gallon-size plastic zip-lock bag. Dip about 6 to 8 potato strips in the water and oil mixture, shaking off excess water. Then, drop the potato strips into the coating mixture. Shake until coated, and place in a single layer on a baking sheet or shallow baking pan that has been sprayed with cooking oil. (I cover my baking pan with aluminum foil and use it as if it were the surface of the pan, for easy clean-up.) Continue with the remaining potato strips, until all are coated and placed evenly in a layer in the baking pan. Bake at 400 degrees for approximately 30 minutes, or until they are crispy, and are soft when tested with a fork. You will **love** this substitute for French fries, and I don't think the kids will complain, either! Treat yourself to a **big** serving of these with cold ketchup and a cold diet Coke!