

# Betty's Seasoned Oven-Baked Fries Recipe



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In this video, Betty demonstrates a tasty low-fat alternative to French fries--her Seasoned Oven-Baked Fries. Spiced with Italian spices and baked until crisp, you'll never miss the fat!

## Ingredients:

1 cup Italian-seasoned breadcrumbs  
28 oz. package frozen steak fries  
3 eggs, well beaten  
2 tablespoons butter or margarine, melted  
cooking oil spray

In a medium-sized mixing bowl, beat 3 eggs, using an electric mixer. Set aside. Place 1 cup seasoned breadcrumbs in a gallon-sized zip-lock plastic bag, and set aside. Spray a 15-inch by 10-inch baking pan with cooking oil spray. Dip steak fries, a few at a time, into beaten eggs. Place the dipped fries in the bag of breadcrumbs. Close the bag and shake until the fries are coated. Place fries in a single layer on prepared baking pan. When all fries are coated, drizzle melted butter or margarine evenly over the top. Bake at 400 degrees for 18 to 20 minutes, or until crisp and golden. Remove from pan to a nice serving plate, and serve immediately. These taste as good, or even better, than regular French fries, but have so much less fat!--plus, they are *\*so\** easy to make!

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