

# Oven Fries

Vegetable

Vegetables

I-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 100 count (at least 8 oz each)	6 lb	12 each	12 lb	24 each	<ol style="list-style-type: none"> <li>1. Wash potatoes. Cut each potato in six pieces. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.</li> <li>2. In a bowl, toss potatoes with oil. On each paper lined half-sheet pan (13" x 18" x 1") distribute potatoes evenly skin side down. For 24 servings, use 2 half-sheet pans. For 48 servings, use 4 half-sheet pans.</li> <li>3. In a bowl, combine pepper, salt, and paprika.</li> <li>4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.</li> <li>5. Bake:                Conventional oven: 500° F for 25-28 minutes                Convection oven: 450° F for 20-23 minutes                Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender.</li> <li>6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.</li> <li>7. CCP: Hold for hot service at 140° F or warmer.</li> </ol> <p>Portion is 3 pieces.</p>
Vegetable oil		½ cup		1 cup	
Ground black or white pepper		½ tsp		1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		½ tsp		1 tsp	
Parmesan cheese, grated		2 Tbsp		¼ cup	

SERVING:	YIELD:	VOLUME:
3 pieces provide ¾ cup of vegetable.	<b>24 Servings:</b> 4 lb 7 oz	<b>24 Servings:</b> 72 pieces
	<b>48 Servings:</b> 8 lb 14 oz	<b>48 Servings:</b> 144 pieces
	Tested 2004	

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## Nutrients Per Serving

<b>Calories</b>	126	<b>Saturated Fat</b>	0.71 g	<b>Iron</b>	1.03 mg
<b>Protein</b>	2.53 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	21 mg
<b>Carbohydrate</b>	19.73 g	<b>Vitamin A</b>	37 IU	<b>Sodium</b>	197 mg
<b>Total Fat</b>	4.46 g	<b>Vitamin C</b>	9.0 mg	<b>Dietary Fiber</b>	2.1 g