

# Oven Fries & Smoothies

## Oven Fries

2-3 medium russet potatoes  
1 Tbsp. vegetable oil  
1 tsp seasoning salt

1. Separate the oven racks and preheat oven to 475 degrees F. Put the two heavy cookie sheets on the stove top.
2. Set up your cutting board & get out equipment. Cover baking sheet with parchment paper.
3. Wash potatoes using a clean dishcloth.
4. Leaving the peel on, slice potatoes into 1 cm strips – keep size even. Using a clean dishtowel, dry off any excess moisture on the fries.
5. Place fries in glass casserole dish; cover with plastic wrap and microwave for 5 minutes. Remove carefully from microwave using oven mitts.
6. In the same casserole dish, toss potatoes with oil until well coated. Sprinkle with seasoning salt and toss again.
7. Spread fries evenly on a heavy baking sheet. Bake for 20-25 minutes or until golden brown.
8. Serve onto individual plates **at the stove** using an upside-down metal egg flipper.

## Smoothie

1 cup frozen fruit  
2 ripe bananas

1/2 cup vanilla yogurt  
2 cups milk

1. In the order listed above, add the ingredients to the blender.
2. Use the setting: High – Blend – Liquefy, until the mixture is smooth.
3. Pour evenly into glasses.