

Parmesan Oven Fries

2 teaspoons margarine
4 small baking potatoes (about 1 pound)
 $\frac{1}{4}$ cup grated parmesan cheese
 $\frac{1}{2}$ teaspoon garlic salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon onion powder
Nonstick cooking spray

Makes 4 portions, 6 pieces each

Per portion

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| Calories: | 114 |
| Carbohydrate: | 15 grams |
| Protein: | 5 grams |
| Fat: | 4 grams |
| Saturated fat: | 1 gram |
| Cholesterol: | 5 grams |
| Sodium: | 255 milligrams |
| Dietary fiber: | 2 grams |

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1. Preheat oven to 400°.
 2. Melt margarine in microwave or on stove.
 3. Scrub potatoes thoroughly. Cut each potato lengthwise into 8 slices. Brush cut surface of potatoes lightly with melted margarine.
 4. In plastic bag, combine parmesan cheese, garlic salt, paprika, and onion powder. Add 8 potato slices to the bag. Shake to coat. Potatoes will not be completely coated.
 5. Spray 7x11 inch baking sheet with nonstick cooking spray. Arrange potatoes on baking sheet.
 6. Repeat this process with remaining potatoes.
 7. Bake uncovered at 400° for 25 to 30 minutes or until tender. Serve hot.