Potato Fries

Ingredients

* 4 Potatoes
* 1T olive oil (or less)
* Sea salt – sprinkle lightly
* Pepper – sprinkle lightly
* Seasoning

These will not be on a normal recipe

* Sharp knife (be careful)
* Vegetable brush
* Cutting board
* Large bowl
* Tablespoon
* Tongs
* Baking sheet

Directions

* Pre-heat oven 450
* Get out cookware and ingredients (organize)
* Wash potatoes
* Cut potatoes, LONGWAYS
* Place in bowl, add 1T olive oil and hand toss
* Place on baking sheet with parchment paper
* Sprinkle with salt and pepper
* Bake 30 min., turning half way through
* Broil 5 min. on high

\*This is a great way to prepare lots of different vegetables – broccoli, asparagus, sweet potatoes, cabbage, bell peppers, onions, etc.