

# Anisa's Perfect Fries Recipe

What I love about this Air Fry recipe is that the fries come out crispy and “oh so” delicious.

The secret to the crispiest air fried potatoes is using a good quality Air Fryer AND Egg whites! Tossing fries in egg whites before cooking makes them super crispy without all the fat.

Servings: 4 servings

Serving Size: 1/2 potato worth

## Ingredients:

2 medium potatoes, sliced into thin fries

1 large egg white

Your favorite seasoning (I used 2 tsp of Seasoned Salt & a bit of Garlic Powder... but it depends on your taste and the spice) Also you can shake a bit of Parmesan Cheese before putting in the oven for a little added flavor!

## Directions:

1. Preheat the oven to 400 degrees. Place a little tin foil on the rack below the Crispy Cooker Mat (the egg white might drip a bit)
2. Add the egg white to a bowl and add the seasoning of your choice. Beat until frothy and then coat the potatoes (I like to just throw in my fries into the bowl). Mix so all potatoes are coated.
3. Place the potatoes into the Air Fryer and set it to the French Fries setting.
4. About half way into cooking, pull out the basket give it a shake. This not only prevents the potatoes from sticking, it helps them cook more evenly.
5. When the Air Fryer turns off, take the fries out and ENJOY!