

Anisa's Perfect Oven Fries

What I love about this oven fry recipe is that the fries come out crispy and delicious. Since I am trying to cut the oil out of baked fries recipes, I can never seem to get them crispy enough. Enter egg whites, the perfect solution. 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 (or I use Egg Beaters)

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. Spread a single layer of potatoes onto [the Crispy Cooker Mat](#) trying not to have the fries touch (That's why you'll love that we sell a 2-pack).
3. Cook between 20-30 minutes... please note all ovens are different and the Crispy Cooker Mat does make things cook faster so check them at about the 15 minute point to see how they are progressing