

# Oven "Fries"

4 servings

**Active Time:** 5 minutes

**Total Time:** 25 minutes

## Ingredients

- 2 large Yukon Gold potatoes, cut into wedges
- 4 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme, (optional)



## Preparation

1. Preheat oven to 450°F.
2. Toss potato wedges with oil, salt and thyme (if using). Spread the wedges out on a rimmed baking sheet.
3. Bake until browned and tender, turning once, about 20 minutes total.

## Nutrition

**Per serving:** 102 calories; 5 g fat ( 1 g sat , 4 g mono ); 0 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 2 g protein; 1 g fiber; 291 mg sodium; 405 mg potassium.