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Oven French Fries

Ingredients:
4 medium white or sweet potatoes
1 Tbsp vegetable oil
Vegetable spray

Instructions:
Preheat oven to 400 degrees Fahrenheit.
1. Scrub and cut potatoes into long strips about ½ inch thick. Dry strips thoroughly with paper towels.
2. Spray cookie sheet with vegetable spray. Toss strips in the mixing bowl with oil, as if you were making a salad.
3. After strips are coated with oil, spread them in a single layer on the cookie sheet.
4. Bake at 400 degrees Fahrenheit for about 35 minutes. Turn strips to brown on all sides.
Note: For crispier fries, place under broiler for 1-2 minutes after baking.