Oven Baked Fries

INGREDIENTS:
- 2 large potatoes, cut into wedges
- 4 tsp. extra-virgin olive oil
- ½ tsp. salt
- ½ tsp. dried thyme (optional)

DIRECTIONS:
Preheat oven to 450 F. Mix the potato wedges with oil, salt and thyme (if using). Spread the wedges on a baking pan. Bake until browned and tender, about 20 minutes. Turn them once halfway through.

NUTRITION:
Makes five servings. Each serving has 180 calories, 5 g fat, 4 g protein, 32 g carbohydrate, 2 g fiber and 310 mg sodium

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