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# Veterans-For-Change

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# **Delicious Oven French Fries**

## **Ingredients**

- 4 large potato(es), (about 2 lbs.)
- 8 cup(s) water, ice water
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- ➤ 1/4 teaspoon salt
- 1 teaspoon pepper, white
- 1/4 teaspoon allspice, ground
- 1 teaspoon pepper, red flakes
- 1 tablespoon oil, vegetable

### **Preparation**

- 1. Scrub potatoes and cut into 1/2-inch strips.
- 2. Place potato strips in ice water, cover, and chill for one hour or longer.
- 3. Remove potatoes and dry strips thoroughly.
- 4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag.
- 5. Toss potatoes in spice mixture.
- 6. Brush potatoes with oil.
- 7. Place potatoes in nonstick shallow baking pan.
- 8. Cover with aluminum foil and place in 475 degrees F oven for 15 minutes.
- 9. Remove foil and continue baking uncovered for additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.