

# No-Fat Fries – Vegan – SOS

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Total Time: 35 minutes

Serving Size: 4  
Calories per serving: 330  
Fat per serving: 0.3 grams

*'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-142.*

## Ingredients

- 6 russet potatoes (for variety, try purple potatoes)

## Instructions

1. Preheat the oven to 425° F.
2. Peel or scrub the potatoes well. Cut into 1/4-inch fries.
3. Use a nonstick baking sheet, or dampen the sheet with water and coat with corn flour.
4. Spread the fries evenly, and bake for 20 minutes. Test to see if tender.

## Notes

Nutrition facts (per serving): Calories: 330, from fat: 3.5, total fat: 0.3g, cholesterol: 0mg, sodium: 24mg, total carbohydrate: 35g, fiber: 7.6g, sugar: 0g, protein: 7g.