

Eat Healthy - Be Active



Be active, healthy and happy with Eat Healthy - Be Active from Michigan State University Extension.

- Eat healthy on a budget
- Physical activity
- Tips for a healthy weight
- Quick, healthy meals and snacks
- Enjoy healthy food that tastes great
- Make healthy eating a part of your everyday lifestyle

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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.

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