

## Potato Strips, Baked

Serves 5 | Serving size: 1 cup

Ingredients Needed:

- 3 large potatoes
- 2 egg whites
- 1 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons oil



Directions:

1. Preheat oven to 375°F.
2. Wash and dry potatoes; leave the skin on.
3. Cut potatoes in half, then cut lengthwise into thin 1/4 inch strips.
4. In a bowl, combine the egg whites, garlic powder, and Parmesan cheese.

5. Pour mixture over potatoes and toss to coat.
6. Place on a baking pan coated with oil.
7. Tip: Divide onto 2 baking sheets for crispier potato strips.
8. Bake uncovered for 35–40 minutes or until potatoes are golden brown and tender, turning several times while cooking.