

# Cajun French Fries

## Ingredients

[tracker.diabetes.org/recipe/1055/](https://tracker.diabetes.org/recipe/1055/)

6 medium Idaho potatoes, peeled and sliced into eighths

1 tablespoon canola oil

1/4 teaspoon cayenne pepper

1 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Cooking spray

## Method

Preheat oven to 350 degrees. Combine potatoes and oil in a large bowl and toss well to coat. In a small bowl, combine cayenne pepper, chili powder, cumin, salt, and black pepper. Sprinkle over potatoes and toss well until all potatoes are coated with seasoning. Coat a large baking sheet with cooking spray. Spread potatoes evenly on baking sheet. Bake for 30 minutes or until golden brown and crispy. Yields 6 servings.

## Note

Calories: 125, total fat: 2g, dietary fiber: 2g, protein: 2g