



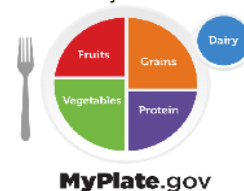
BAKED FRENCH FRIES

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Color your meal!



MyPlate.gov

Ingredients:

Potatoes cut into 1/4 inch wide strips

Baking powder

Vegetable Oil

Seasoning

Directions:

1. Preheat oven at 400°F.
2. Boil water and add a teaspoon of baking soda, add the potatoes and boil for 5 to 10 min.
3. Drain the potatoes and add a teaspoon of oil and your desired seasonings and coat evenly.
4. Bake in a greased sheet pan for 45 min or until golden brown. Enjoy with your favorite dipping sauce!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!