

Recipe of the Week: Paleo Edition

September 24, 2011 Newsletter

Red Potato French Fries

Ingredients:

6 Red Potatoes (or as many as you want to make. Each potato makes about 4 fries)

3 Egg Whites (or enough to brush over the potatoes)

Directions:

Take potatoes and clean, cut into slices about ¼ inch thick. Mix in egg whites. Spray cookie sheet, put fries on cookie sheet. Bake at 450 degrees for 25-30 minutes.

Serves 4 (or more if you choose).

“Yummy, yummy.” – Christine

Compliments of the Trowbridge Family.

