



Oven Fries

2 lg. baking potatoes
1 lg. sweet potato
1 egg white
1 tbs. chili powder
1/2 tsp. ground red pepper (optional)

Cut unpeeled baking and sweet potatoes into thin fries. Beat the egg white in a large bowl until foamy. Stir in chili powder and pepper. Add potatoes and toss to coat well.

Spread potatoes in a single layer on a non-stick cookie sheet coated with no-stick spray.

Bake at 450* for 30 to 35 minutes, or until potatoes are crisp and brown.

Serves 4.