Healthy Cajun Style French Fries

* 1ml [oregano](http://www.food.com/library/oregano-334)
* 1ml [thyme](http://www.food.com/library/thyme-348)
* 3ml [paprika](http://www.food.com/library/paprika-335)
* 1ml [cayenne](http://www.food.com/library/cayenne-pepper-320)
* 1ml [black pepper](http://www.food.com/library/pepper-337)
* 1ml [sugar](http://www.food.com/library/sugar-139)
* 1ml[cumin](http://www.food.com/library/cumin-20)
* 2ml [salt](http://www.food.com/library/salt-359)
* 3ml [garlic powder](http://www.food.com/library/garlic-powder-501)
* 2ml [onion powder](http://www.food.com/library/onion-powder-502)
* 2ml[Tabasco sauce](http://www.food.com/library/tabasco-sauce-743)
* 10ml vegetable oil
* two potatoes

**\*If you do not enjoy Cajun style French fries, you may substitute all the spices with 1 tablespoon (15ml of seasoning salt) and some pepper to taste.**

**Directions:**

Preheat oven to 450 degrees F.

In a small bowl, combine oregano, thyme, paprika, cayenne, black pepper, sugar, cumin, salt, garlic powder, onion powder, Tabasco sauce, and oil; mix well into a paste.

Line a large baking sheet with aluminum foil; pour a small amount of oil onto foil and spread with a paper towel.

Peel potatoes and slice into french fry shapes.

Place fries in bowl and mix well

Place fries on lined baking sheet

Bake in preheated oven for approximately 20-25 minutes (your time may vary with the size fry you cut); turn once during cooking to brown underside.

Please explain how these French fries are healthier for you than ones purchased at a fast food chain?

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