

Kitchen Korner

Healthful Tasty Twists For Frozen Fries

(NAPSA)—Whether you like them with ketchup, dipping sauce or even mayonnaise, when it comes to favorite foods, few things top French fries. Plus, when bought frozen and then baked, the fries can be a nutritious, affordable and convenient treat.

You can help ensure the fries you buy are made from quality potatoes by looking for the “Grown in Idaho®” seal on the bag. Then, simply prepare the fries according to package instructions. Just remember to spread the fries in a single layer on a sheet pan when you bake them, and sprinkle with salt or other seasonings when they first come out of the oven to maximize flavor.

You might also try these ideas for flavorful and nutritious dipping sauces. They come from the Idaho Potato Commission and can be a delectable way to tantalize the taste buds:

Horseradish Cream Sauce

- 3 tablespoons prepared horseradish with beets**
- 1 cup (8-ounce container) light sour cream**

Combine ingredients in a medium mixing bowl. Stir together well. Season to taste with salt if desired.

Pureed Squash and Ginger Sauce

- 12-ounce package frozen, cooked and pureed squash (thawed)**
- 1½ teaspoons freshly grated ginger root**
- 1 tablespoon soy sauce**
- 2 teaspoons honey**

Combine ingredients in a medium mixing bowl. Stir together well.



French fries with gourmet dipping sauce can make a delightful and nutritious treat.

Roasted Pepper and Herb Sauce

- 12-ounce jar roasted red peppers, drained**
- 1 tablespoon balsamic vinegar**
- ½ teaspoon Italian seasoning**
- ¼ teaspoon garlic powder**

Combine ingredients in a medium mixing bowl. Stir together well. Transfer mixture to a blender or food processor and process until smooth. Season to taste with salt if desired.

Barbecue Sauce

- ¾ cup bottled chili sauce**
- ¼ cup steak sauce**
- 1 tablespoon Worcestershire sauce**
- 1 tablespoon red wine vinegar**
- 1 tablespoon dry mustard**

Combine ingredients in a medium mixing bowl. Stir together well.

For more delicious, nutritious Idaho potato recipes, please visit www.IdahoPotato.com/recipes.