

**Strength in Plants** *By Kate Murray*

# These french fries you can live with



**I**T'S BASEBALL playoff time, and what tempts you more at the ballpark than the smell of french fries? But wait, just because french fries are plant-based doesn't necessarily make them healthy, unless you eliminate the oil, that is.

My infatuation with baseball began about 14 years ago when I met my husband, a college standout shortstop who went on to earn just as many awards as a coach (Gov. Mifflin, with a record of 120-41) as he did a player (Pennsylvania State Athletic Conference player of the year, District II South All Start Team, North Atlantic All Region 1st Team). OK, maybe I'm bragging a little.

During the time we were courting, I gained a new appreciation for the game, and we took the opportunity to travel to a variety of ballparks, which of course have never been known for their healthy food choices. Being a longtime resident of Berks County, I compare every french fry to the mighty, sizzling perfection of V&S and every crab fry to that of Chickie's and Pete's. Surely, America's favorite pastime could update its menu in a way that reflects our appreciation of the farmers who



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French fries cooked the right way can actually be good for you.

produce the food that keeps our bodies strong. Are you with me?

I wish I could say that the ballparks are onboard. There

are some that serve vegetarian paninis and black bean burgers — Citizen's Bank Park in Philly was voted No. 1 ballpark in vegetarian options by the

Food Network — but until they all jump on the healthy living bandwagon, I guess I will have to settle for making my own healthier version of fries at home.

Here's how:

## Healthy fries

### INGREDIENTS

Potatoes (*russet works best*)  
Cold water  
1 tablespoon or less of first-pressed olive oil  
Salt

**PREP:** This is a three-step process: Slice, soak, bake.

**STEP 1:** Slice the potatoes into similar-size matchsticks or wedges. Ensure that they are sized evenly so they bake evenly.

**STEP 2:** Soak the fries in a bowl of cold water for about 10 minutes, drain and rinse well, before adding new water and soaking for another 10 minutes. Removing the starch through soaking is the key to producing a crispy fry when it goes in the oven. Pat dry with a clean dish towel.

**STEP 3:** Place the fries in a single layer on parchment paper or a lightly sprayed baking sheet, coat lightly with first-pressed olive oil, and bake at 450 degrees for 20 minutes. Add a sprinkle of salt when they come out of the oven and enjoy the fact that these fries are actually good for you.

To learn about the dangers of heating oil (and subsequently, frying food in oil), visit my website, [asilentcure.org](http://asilentcure.org), and type in the keyword oil. ☺

*Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: [asilentcure.org](http://asilentcure.org).*

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