



Air-Fryer French Fries

Lower the fat and calories and still enjoy the crispness

1-1/2 pounds Yukon Gold potatoes, peeled; cut into ½ inch wide sticks

2 Tablespoons vegetable oil

2 to 3 Tablespoons all-purpose coffee rub

- 400-degree F; cook 5 minutes; shake basket; continue to cook 5 to 7 minutes or until lightly browned.
- If you like salty fries, lightly sprinkle salt on fries while hot.

Recipe Inspired by: www.pillsbury.com

Note: Remember air fryer temperatures control settings vary according to the brand and type. Make sure that the sticks are not longer than 4 inches.

About the Recipe: Using the air fryer to cook the French Fries helps to lower the fat and the calories. We found that it was quick and hands-off cooking. The best thing was that they were so delicious, and there wasn't any messy oil that had to drain off. We enjoyed the new coffee rub flavor but any of your favorite seasonings could be used.