



These DIY fries are done in less than 30 minutes—and totally worth the wait.

**Best
of the
Worst**

French fries

Would you like a side of fries with that? Say yes at a restaurant and you could be adding 430 calories and 23 grams of fat to your order. Our slimmed-down spuds cut those numbers in half! By Stephanie Clarke, R.D., and Willow Jarosh, R.D.

MAKE IT

Forget the fry vat! Bake them and...
Save 257 calories

Crispy Seasoned Oven Fries Serves 4

- | | |
|-------------------------|-----------------------------------|
| 2 large baking potatoes | ¼ tsp sea salt |
| 4 tsp plain breadcrumbs | ¼ tsp freshly ground black pepper |
| ½ tsp garlic powder | 2 egg whites |
| ½ tsp dried oregano | Olive oil cooking spray |
| ½ tsp chili powder | |

Heat oven to 400°. Slice potatoes in half lengthwise; cut each half into ¼- to ½-inch-thick fries; pat dry with a paper towel. In a bowl, combine breadcrumbs with spices. In another bowl, whisk egg whites until foamy, about 1 minute; add fries to coat. Toss fries in spice mixture until evenly coated. Coat a baking sheet with cooking spray; arrange fries on sheet with space in between; spritz fries with cooking spray. Bake, turning once, until fries are golden and crispy, about 20 minutes.

THE DISH 173 calories per serving, 1 g fat (0 g saturated), 36 g carbs, 3 g fiber, 6 g protein

FAKE IT

Shop the freezer section and...
Save 310 calories

Alexia Oven Crinkles Salt & Pepper A serving of these flavorful, USDA-certified-organic potato sticks will set you back only 120 calories and 4 g fat, nixing 19 g compared with the restaurant version. It also supplies 3 g fiber and 300 milligrams potassium, two ticker-supporting nutrients. French fries that can actually help your heart? Who knew?!



TAKE IT

Grab fries on the fly and...
Save 230 calories

Sonic Drive-In Small French Fries

When you need a salty snack, stat, hit up Sonic. At 200 calories and 1.5 g saturated fat, a small fries order won't put the brakes on your stay-trim plan. In fact, Sonic's recipe has 30 fewer calories than the same portion at McDonald's and 140 fewer calories than Burger King's small. Craving, crushed.



WHAT'S YOUR ULTIMATE SPLURGE FOOD? Tweet it to @SELFmagazine with the hashtag #bestoftheworst.