

Baked Garlic Parmesan Fries



Crispy on the outside, tender on the inside, and packed with bold garlicky flavor — these **Baked Garlic Parmesan Fries** are the perfect healthier alternative to traditional fried fries. Simple to make and irresistibly delicious, they're ideal as a snack, appetizer, or side for burgers, steaks, or grilled chicken.

Recipe subscription box

Ingredients

- 4 large russet potatoes
- 3 T olive oil
- 3 cloves garlic, minced
- ½ t salt
- ½ t black pepper
- ½ t paprika (optional, for color)
- ⅓ C grated Parmesan cheese
- 2 T chopped fresh parsley

Instructions

1. **Preheat your oven:** Set to 425°F (220°C). Line a large baking sheet with parchment paper for easy cleanup.
2. **Prepare the potatoes:** Scrub and rinse the potatoes, then cut them into evenly sized fries (about ¼-inch thick).
3. **Soak for crispiness:** Place the fries in a bowl of cold water and let them soak for at least 30 minutes — this helps remove excess starch and ensures a crisp texture.
4. **Dry completely:** Drain the potatoes and pat them dry thoroughly with a clean kitchen towel or paper towels.
5. **Season the fries:** In a large bowl, toss the fries with olive oil, minced garlic, salt, black pepper, and paprika until evenly coated.
6. **Arrange and bake:** Spread the fries in a single layer on the prepared baking sheet — don't overcrowd them! Bake for 20 minutes, then flip the fries and bake for another 15–20 minutes, or until golden brown and crispy.
7. **Add the finishing touch:** Remove from the oven and immediately toss the hot fries with grated Parmesan and fresh parsley.
8. **Serve warm:** Enjoy with ketchup, garlic aioli, or ranch dressing for dipping.

Pro Tips

- For ultra-crispy fries, **bake on a wire rack** set over the baking sheet to let air circulate evenly.
- Use **freshly grated Parmesan** for the best flavor and texture.
- If you love heat, sprinkle with a pinch of **chili flakes** or **cayenne pepper** before baking.
- Don't skip the soaking and drying steps — they make all the difference in achieving that perfect crispness!