BBQ Potato Chips

Serves	4
Prep time	10 minutes
Cook time	15 minutes
Total time	25 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Savoury Snack, Side Dish
Misc	Child Friendly, Pre-preparable, Serve Hot
Occasion	Barbecue

Quick easy, potato chips (fries) on the BBQ.

Ingredients

- 5 Medium potatoes
- Canola oil spray
- Salt

Directions

1. Peel and cut the potatoes into chip shapes (rectangles).
2. Boil the potatoes for 5 minutes. Drain and allow to cool.
3. Spray with the canola oil.
4. Cook on the hot plate (turning) until light brown on each side and tender.
5. To cook in the oven, preheat the oven to 180°C. Bake in the oven for 15 - 20 minutes, turning half way, until light brown and tender.
6. Sprinkle with salt and serve immediately.

Note

Low Chemical / Failsafe