

German Fried Potatoes

4 ea.....Medium Potatoes
¼ c.....Plain Bread
Crumbs
½ tsp.....Garlic Powder
½ tsp.....Onion Powder
1 tsp.....Kosher Salt
¼ c.....Vegetable Oil



1. Peel, dice and boil potatoes.
2. Strain potatoes.
3. Mix crumbs, garlic and onion powders and salt.
4. Heat the oil in a heavy skillet and add the potatoes and crumb mixture.
5. Sauté until golden brown.

This is one of those things my German Mother-in-law makes that I love. Among many other yummy things she makes. However, I did add the garlic and onion powder to spice them up a little bit. Oh, and she uses butter in place of the oil. Of course the butter in Germany is much better then the butter here in the US. This is because it has less moisture and more fat. Yum!!! Frying bacon and then adding the ingredients would also be tasty but I thought I would go for a little healthy as apposed to down right bad for you.

Potatoes are a great source of energy and have lots of other good stuff in them. Many people think carbs are bad but the brain only works on carbs. However, if the carbs don't get used up in the body they will turn into fat. This means if your not doing a lot of thinking then you need to get out and exercise.

Be creative, have fun and enjoy!