

Foodnity Recipes

Crispy Potato Finger Sticks

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large russet potatoes, cut into finger-size sticks
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp sea salt
- [ ] 1 tsp lemon zest
- [ ] Optional: 1 tsp honey for glaze

Instructions

1. Wash and peel the potatoes if you wish; slice them into even sticks about half an inch thick.
2. Soak the sticks in a bowl of cold water for 5 minutes, then drain and pat completely dry.
3. In a large bowl, toss the dried sticks with olive oil, smoked paprika, sea salt, and lemon zest until evenly coated.
4. Spread the sticks on a parchment-lined baking sheet in a single layer; bake at 425°F (220°C) for 20-25 minutes, turning halfway, until golden and crisp.
5. If using honey, drizzle over the hot sticks, toss gently, and serve immediately.

Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispness, bake on the middle rack and use a convection setting if available.
- Adjust the smoked paprika to taste; a pinch more adds depth.
- Serve with a side of fresh greens for a balanced meal.