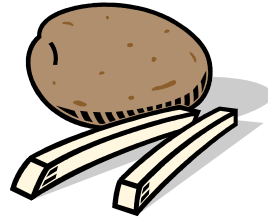


## Oven Fries

4 medium potatoes, sliced into spears  
3 Tb skim or soy milk  
pinch of sea salt  
freshly ground black pepper to taste  
malt vinegar for serving



Preheat oven to 425°. In a bowl, toss the spears with the milk, salt and pepper, and arrange them on a lightly oiled cookie sheet. Bake until tender, about 45 minutes. Serve warm, sprinkled with the vinegar, as a side dish for lunch or dinner.