

Crazy Crispy Potatoes

THM-Friendly: E

- golden potatoes
- egg whites
- a pinch of mineral salt
- pepper
- cayenne or Creole seasoning
- 1 - 2 Tbsp. masa flour

Meal Prep Tip: Steam up potatoes at the beginning of the week to have on hand for ready-to-eat E meals.

Toss the potatoes in just enough egg whites to be lightly coated. Sprinkle on any seasonings and the masa to your favorite flavors; toss again.

Air fry at 400° for 11 minutes (no pre-heat) or in the oven for 400° starting with 15 minutes. Cook them until they are your level of doneness.

enJOY!

