

Loaded Cheese Fries

Prep Time: 20-25 minutes Cook Time: 10 minutes Yield: 4-6 servings

Method:

1. For the French fries, **SPREAD** frozen fries on a large sheet pan.
2. **BAKE** until crispy, following the instructions on the package for time and temperature. (Tip: The best time to make the cheese sauce is as the fries bake.)
3. For the cheese sauce, over medium heat, **ADD** butter into a medium saucepan. As butter melts, **ADD** garlic and flour; sauté and stir occasionally, for 2-3 minutes.
4. **SLOWLY** pour in milk, whisking as you pour. Continue heating, stirring occasionally, until milk begins to simmer. As the milk simmers, continue heating, stirring occasionally for 4-5 more minutes, or until mixture has thickened and coats the back of a spoon.
5. **LOWER THE HEAT** to low and add in the cheeses 1 cup at a time, stirring well until cheese has fully melted.
6. Once fries are baked, **REMOVE** from oven and place in a serving dish.
7. **TOP** the fries with the cheese sauce, red onions, pickled jalapenos, bell pepper, tomatoes, green onions and sour cream. (Note: You will have extra cheese sauce. Serve this on the side for dipping!)



Ingredients:

- 1 (32-ounce) frozen French fries (any variety)
- 1/4 cup unsalted butter
- 1 tsp minced garlic
- 1/4 cup all-purpose flour
- 2 cups 2% milk
- 2 cups Monterey Jack cheese, shredded
- 2 cups reduced fat cheddar cheese, shredded
- 1/4 cup red onions, diced
- 1/2 cup bell peppers, diced
- 1/4 cup pickled jalapenos
- 1 Roma tomato, diced
- 1/4 cup green onions, sliced
- 1/2 cup light sour cream



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