

Sweet Potato Fries

Serves 4

2 medium sweet potatoes
2 Tbsp olive oil
1/8 tsp salt
1 tsp paprika (or garlic powder, chili powder)
Black pepper to taste



Preheat an oven to 400°F. Rinse the sweet potatoes and scrub off visible dirt. Cut the length of the sweet potatoes into 3/4"X3/4" thickness strips. Place strips on a non-stick sheet pan (you can use cooking spray). Drizzle with olive. Sprinkle with salt, paprika, black pepper, and other desired spices. Bake for 20 minutes then switch heat to broiler, move potatoes to top rack and bake for another 3-5 minutes depending on desired crispness.

Nutrition information per serving (1/2 cup): 160 calories, 3.5 fat (1g saturated fat), 3g protein, 125mg sodium, 5g dietary fiber. Excellent source of vitamins A and C.

