

Recipes

Oven Baked Sweet Potato Fries

Ingredients:

Vegetable cooking spray 1 1/2 pounds sweet potato (about 2 large) 1/8 teaspoon black pepper 1/2 teaspoon salt

Equipment:

Cutting board Knife Cookie Sheet

Number of Servings: 6 Prep Time: 10 minutes Total time: 30 minutes

Directions

- 1. Preheat oven to 400°F. Lightly spray a 10 x 14 cookie sheet with non-stick cooking spray.
- 2. Scrub potatoes under tap water with a vegetable brush. With a knife remove any bad spots or defects on the potato. Do not peel.
- 3. On a cutting board, cut each potato into stick fry size, approximately 1" x 1" x 3".
- 4. Sprinkle salt and pepper evenly over the potatoes.
- 5. Spread potato sticks evenly on cookie sheet, and lightly spray potatoes with cooking spray.
- 6. Place cookie sheet in oven and bake for approximately 20 minutes or until potatoes are just tender. If desired, the potatoes can be placed under the broiler for about 3 minutes, turn the potatoes and broil for the minutes on the other side.
- 7. Remove from oven and serve.

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Nutrition Facts Serving Size: 1/2 cup Servings: 6				
Amount Per Se	erving			
Calories 86		Calories from	Calories from Fat 9	
		%Daily V	/alue*	
Total Fat trace 1g			0%	
Saturated Fat trace 1g			0%	
Cholesterol		0%		
Sodium 188mg			8%	
Total Carbohydrate 20g			7%	
Dietary Fiber 2g			10%	
Protein 1g			3%	
Vitamin A	328%	Vitamin C	31%	
Iron	3%	Calcium	2%	
*Percent Daily Values are based on a 2,000 calorie diet.				

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