

Baked Sweet Potato Fries

Yield: 8 servings

Ingredients

4 sweet potatoes, washed,
peeled cut into ¼ inch sticks
1 tablespoon olive oil
¼ teaspoon kosher salt
Ground black pepper to taste
Pan spray

Instructions

1. Preheat oven to 425 degrees.
2. Cut sweet potatoes into ½ inch sticks. Try to keep all of the cuts around the same size to assure that they cook evenly.
3. In a large bowl, toss the sweet potatoes with olive oil, salt and pepper.
4. Line a baking sheet with foil and grease with pan spray. Place the sweet potato fries onto the baking sheet, being careful that they are not overlapping one another.
5. Place the sweet potatoes into the oven for 20 to 25 minutes or until golden brown.
6. Serve and enjoy!

Nutrition Information

Serving Size: 1 cup

Calories: 90
Total Fat: 3.5 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 390 mg
Total Carbohydrate: 13 g
Dietary Fiber: 2 g
Sugars: 3 g
Protein: 1 g

Source: Health Meets Food



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