

Portion size: 1 ½ cup



Baked Sweet Potato Fries

Oven baked sweet potatoes

Yield: 6 servings

- 3 lb Peeled Sweet Potatoes
- 1/4 tsp Kosher Salt
- 3/4 tsp Ground Black Pepper
- 2 Tbsp Olive Oil



Preheat oven to 350F. Cut sweet potatoes into 1/4" sticks lengthwise. Place sweet potatoes in a bowl and toss with olive oil and season with salt and pepper. Place on a sheet pan and bake in a 350F degree oven for 30 -40 minutes, turning over occasionally.

Note: Add your favorite spices such as chili powder, curry powder, Cajun seasoning (cut back on the salt if using a seasoning blend with salt already included) for extra flavor.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
212.8	3.1	40.4	4.8	0	192.4	5.7	0.7