

Sweet Potato Fries

Just Say Yes to Fruits and Vegetables

Who said you can't make fries both yummy and healthy? Not us!



jsyfruitveggies.org

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Sweet Potato Fries

Serves 6 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

Sprinkle on some garlic powder and chili powder for some added flavor!

Ingredients:

- 3 sweet potatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon vegetable oil
- Nonstick cooking spray

Directions:

1. Preheat oven to 400°F. Spray baking sheet with nonstick cooking spray.
2. Cut each potato in half lengthwise, then cut each half into wedges.
3. In a large bowl, combine the cut potatoes, salt, pepper, and oil. Toss until potatoes are evenly coated. Arrange potatoes in a single layer on a baking sheet.
4. Bake for 15 minutes. Remove from oven and stir.
5. Place back in the oven until edges are crisp and potatoes are cooked through, about 15-30 minutes. Enjoy!
6. Refrigerate leftovers.

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