

Sweet Potato Fries

Give these oven baked fries a try for an easy and healthy snack or side!

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Source: CookingMatters.org, Sweet Potato Fries



Small Changes,
BIG Difference!

Ingredients

- 4 medium sweet potatoes
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Directions

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.



Nutrition Information

Serving Size: 8-10 fries

Nutrients	Amount
Calories:	100
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	240 mg
Total Carbohydrates:	18 g
Dietary Fiber:	3 g
Total Sugars:	4 g
Protein	1 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Large bowl
- Baking sheet
- Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$2.48

Average cost/serving: \$0.41

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 4 to Cart
Sweet Potatoes

SAVE TIME, SAVE MONEY

Preparation Tips

- For easier cleanup, line the baking sheet with a layer of aluminum foil. Coat with non-stick cooking spray before placing the sweet potatoes on the sheet.
- White baking potatoes can be used in place of all or part of the sweet potatoes.
- For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning.
- For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.

My Cooking Notes