



Sweet Potato Fries



Prep time: 10 minutes Cook time: 30 minutes Number of Servings: 4

Food \$ense Tip:

Stock up on long-lasting vegetables, like sweet potatoes. Store them in a dry, cool, dark area. They are a sweet addition and add color to your plate.

Ingredients

2 medium sweet potatoes Vegetable oil cooking spray 1/4 teaspoon salt, garlic salt, onion salt, or seasoning salt

Directions

1. Preheat oven to 400° F.
2. Wash potatoes, pierce each one with a fork several times, and put them on a baking sheet. Bake in preheated oven for 25 to 30 minutes, or until just tender. Be careful not to over bake.
3. Let the potatoes cool for about 10 minutes. Peel and cut into 2-inch by 1/4-inch sticks.
4. Spray a medium skillet with vegetable oil cooking spray and place on medium heat. Add sweet potatoes to pan and cook until the outside is crispy. Turn frequently with a spatula.
5. Sprinkle with seasoning of your choice (salt, garlic salt, onion salt).

Nutrition Facts (Serving size 1/2 sweet potato): Calories-60; Protein-1g; Carbohydrate-13g; Total Fat-0.5g; Saturated Fat-0g; Fiber-2g; Sodium-95mg; Vitamin C-2%; Vitamin A-180%; Iron-2%; Calcium-2%

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