



Sweet Potato Fries



1-800-WIC-1007

Recipe Source: adapted from www.cookingmatters.org

Ingredients

- 4 medium sweet potatoes
- 1½ teaspoons paprika
- Pinch of salt and pepper
- ⅛ teaspoon cayenne pepper (optional)
- 1 tablespoon canola oil
- Non-stick cooking spray

Directions

1. Preheat the oven to 450° F.
2. Scrub and rinse potatoes. Cut into thick strips that are about ½ inch wide.
Place into the large bowl.
3. Sprinkle the paprika, salt, pepper, and cayenne pepper over the sweet potatoes. Drizzle the oil over them and toss well until coated.
4. Spray baking sheet with cooking spray and spread potatoes on it in a thin single layer. Bake for 15 minutes, remove and turn fries over, then bake for 10-15 more minutes until fries are cooked through and crispy.
5. Let cool and serve.

Serves: 6 People • Serving Size: 8-10 fries • Prep time: 10 minutes Cook time: 30 minutes

This institution is an equal opportunity provider.

Chef Tips

1. For easier cleanup, line the baking sheet with tin foil
2. White potatoes can be used in place of all or part of the sweet potatoes
3. Sprinkle 1 teaspoon of cinnamon (in place of paprika and cayenne) over the fries for a different flavor
4. Peel potatoes if desired

Supplies

- Measuring spoons
- Cutting board
- Knife
- Large bowl
- 1 or 2 large baking sheets



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Nutrition Facts Per Serving: 132 Calories, 2 g Fat, 26 g Carbohydrate, 3 g Protein, 132 mg Sodium