



Baked Sweet Potato Fries

U.S.

4 each (about 2 lb)	Sweet Potato, peeled, cut into 1/4" sticks
1 Tbsp	Olive Oil
1/4 tsp	Salt, kosher
To taste	Black Pepper, ground
As needed	Pan Spray

Metric

4 each
15 mL
1.5 g
To taste
As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Cut sweet potatoes into 1/2 inch sticks. Try to keep all of the cuts around the same size to assure that they cook evenly.
4. In a large bowl, toss the sweet potatoes with olive oil, salt and pepper.
5. Line a baking sheet with foil and grease with pan spray. Place the sweet potato fries onto the baking sheet, being careful that they are no overlapping one another.
6. Spray sweet potatoes with spray oil and immediately place bake for 20-25 minutes or until golden brown. Flipping fries once halfway through baking.
7. Serve and enjoy!

Nutrition Facts

4 Servings

Serving size ~ 1 cup

Amount per serving

Calories **60**

Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	0 g
Includes 0 g Added Sugars	
Protein	<1 g
Vitamin D	0 %
Calcium	0 %
Iron	2 %
Potassium	200 mg
Phosphorus	25 mg
