

Oven Baked Sweet Potato Fries

Ingredients:

Vegetable cooking spray
 1 1/2 pounds sweet potato
 (about 2 large)
 1/8 teaspoon black pepper
 1/2 teaspoon salt

Equipment:

Cutting board
 Knife
 Cookie Sheet

Number of Servings: 6
 Prep Time: 10 minutes
 Total time: 30 minutes

Directions

1. Preheat oven to 400°F. Lightly spray a 10 x 14 cookie sheet with non-stick cooking spray.
2. Scrub potatoes under tap water with a vegetable brush. With a knife remove any bad spots or defects on the potato. Do not peel.
3. On a cutting board, cut each potato into stick fry size, approximately 1" x 1" x 3".
4. Sprinkle salt and pepper evenly over the potatoes.
5. Spread potato sticks evenly on cookie sheet, and lightly spray potatoes with cooking spray.
6. Place cookie sheet in oven and bake for approximately 20 minutes or until potatoes are just tender. If desired, the potatoes can be placed under the broiler for about 3 minutes, turn the potatoes and broil for the minutes on the other side.
7. Remove from oven and serve.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 86	Calories from Fat 9
%Daily Value*	
Total Fat trace 1g	0%
Saturated Fat trace 1g	0%
Cholesterol 0mg	0%
Sodium 188mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	10%
Protein 1g	3%
Vitamin A 328%	Vitamin C 31%
Iron 3%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

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