



SWEET POTATO FRIES

MATERIALS:

Baking sheet
Cutting board
Fork
Measuring spoons
Sharp knife

INGREDIENTS:

1 large sweet potato
1/2 tablespoon vegetable oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon chili powder

Serves: 4

Recipe adapted from Share Our Strength's Cooking Matters®

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DIRECTIONS:

1. Preheat oven to 450°F.
2. Cut sweet potato into thick strips.
3. In a large bowl, mix salt, pepper, chili powder, and vegetable oil. Whisk until blended.
4. Add sweet potato strips to the bowl. Toss to coat all sides.
5. Coat a baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer onto baking sheet.
6. Bake for 15 minutes. Turn fries and bake for another 10-15 minutes or until tender.

NUTRITION TIP:

Baking your potatoes and sweet potatoes is a healthy alternative to frying.

Chef's Notes:

- Increase flavor with cayenne pepper instead of chili powder.
- For crispiest fries, bake in 2 smaller batches.