

BAKED SWEET POTATO FRIES



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Ingredients

Yields: 6 servings

- 4 small to medium sweet potatoes
- 2 tbsp olive oil
- 1 1/2 tsp chili powder or Tony's Cajun Seasoning to taste
- 1 tsp sea salt

Directions

1. Preheat the oven to 425°F. Cut each sweet potato in half lengthwise, and place it flat side down on a cutting board. Cut the potato halves into 1-inch-wide wedges.
2. In a small bowl, combine the oil, chili powder, and 1 teaspoon of the salt. Place the potatoes on a roasting pan and brush with the oil mixture. Lay the potatoes flesh side down on the pan and put the pan in the oven.
3. Cook until potatoes, turning once, until soft, 20 to 25 minutes. Remove the pan from the oven and season with remaining 1/2 teaspoon salt. Let the wedges cool for a bit, and serve warm.

Tip: Goes great with a tablespoon or two of ketchup

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/6 th of fries	110	5 g	1.3 g	16 g	354 mg

Carbohydrate Exchanges: 1