

SWEET POTATO FRIES

Here's a delicious alternative to French fries - with more nutrients and less fat

1 lb sweet potatoes, each cut lengthwise into 6 wedges
2 tsp vegetable oil
¼ tsp paprika
1/8 tsp garlic powder
Black pepper to taste



1. Preheat oven to 375° F (190° C)
2. Place potatoes in a bowl. Add oil, paprika and garlic powder.
3. Season to taste with pepper.
4. Toss to coat.
5. Transfer to non-stick baking sheet.
6. Bake for 25 minutes or until tender and golden, turning once
7. Makes 4 servings

***Tip!** For a super-quick sweet potato, cook it in the microwave. Just scrub a medium 8 oz (250 g) potato, pierce it with a fork and microwave on High for 2 to 3 minutes.

Let stand for 2 minutes before serving.



Nutrients per serving

Calories	103
Fat	2.3 g
Saturated Fat	0.4 g
Sodium	264 mg
Protein	5 g
Carbohydrate	16 g
Fiber	2 g

Taken from: Great Food. Dietitians of Canada. 2000. Published by Robert Rose Inc.