

Sweet Potato Oven Fries

Makes 4 servings
Prep time: 10 minutes
Cook time: 25 minutes



Adapted from DiabetesFoodHub.org



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1 large sweet potato (yam) or 1 pound
- Up to 1/4 tsp salt
- 1 - 2 tsp cornstarch
- 1 1/2 Tbs cooking oil
- Non-stick cooking oil spray
- 1/4 - 1/2 tsp paprika or chili powder
- 1/4 - 1/2 tsp garlic powder
- Up to 1/4 tsp ground black pepper

These satisfying fries go well with fish, chicken or other grilled entrees. Make a colorful salad to complete the meal.

Sweet potatoes are high in beta-carotene, vitamin E, magnesium and fiber – all important nutrients to improving and maintaining health.

DIRECTIONS

1. Place oven rack in center; heat to 425° F.
2. Wash and scrub potatoes; dry then slice into fries (may leave unpeeled).
3. Toss fries in cornstarch and salt, and then toss in oil.
4. Spray baking sheet with cooking spray.
5. Put fries on sheet in single layer; cook for 15 minutes.
6. Flip fries and cook 10-15 minutes.
7. Season to taste; may rest in oven with heat off and door open until time to eat.

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