

Beet and Sweet Potato Fries



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 5

Prep: 15 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1/2 cup reduced-fat mayonnaise
- 1/4 teaspoon pepper
- 2 medium sweet potatoes, sliced into matchsticks 1/2 inch thick
- 2 large beets, sliced into matchsticks 1/2 inch thick
- 2 tablespoons oil
- 1/8 teaspoon salt

DIRECTIONS

1. In a small bowl, combine the mayonnaise and 1/8 teaspoon pepper. Cover and refrigerate until serving.
2. Cut sweet potatoes in half widthwise; cut each half into 1/2-inch strips. Place in a bowl.
3. Peel and cut beets in half; cut into 1/2-inch strips. Transfer to the same bowl
4. Add oil, salt and 1/8 teaspoon pepper to bowl. Toss to coat.
5. Spread sweet potato and beets onto a parchment paper-lined baking sheet or aluminum foil.
6. Bake vegetables, uncovered, at 425°F for 20 to 30 minutes or until tender, turning once.
7. Serve with mayonnaise.



Nutrition Information

Serving size: 1/5 of recipe

Calories	184
Total fat	8.7 g
Saturated fat	0.7 g
Cholesterol	0 mg
Sodium	243 mg
Carbohydrate	26.1 g
Fiber	2.6 g
Sugars	3.2 g
Protein	1.6 g

Recipe source:
Taste of Home