

Sweet Potato Fries



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 3

Prep: 10 minutes | **Cook:** 30 minutes

INGREDIENTS

- 2 large sweet potatoes, cut into sticks
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Seasonings of choice (see notes)

DIRECTIONS

1. Preheat oven to 425°F.
2. Leave the skin on and cut sweet potatoes into very thin sticks.
3. Place on two baking sheets and drizzle with oil. Sprinkle with seasonings and toss to coat.
4. Bake for 15 minutes, stir, and bake for an additional 10 to 15 minutes until brown and crispy. Serve hot with your favorite dip.

Notes:

Cajun	1 1/2 tsp. garlic powder, 1 1/2 tsp. smoked paprika, 1 1/2 tsp. oregano, 1 tsp. thyme, 1/4 tsp. cayenne pepper
Garlicky	1 1/2 tsp. garlic powder
Sweet	1 tsp. cinnamon + 1 1/2 tbsp. sugar
Herbs and Cheese	1 1/2 tsp. of your favorite dried herbs (like parsley, thyme, oregano) + 1/4 cup parmesan cheese



Nutrition Information

Serving size: 1/3 of recipe with Cajun seasoning

Total calories	282
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	473 mg
Carbohydrates	44 g
Fiber	7 g
Sugars	12 g
Protein	4 g

Recipe source: Adapted from
Minimalist Baker