

Oven Baked Sweet Potato Fries

Sweet potato fries are a quick and delicious way to add flavor and color to your dinner plate.

Makes: 6 servings

Ingredients

- 3 medium sweet potatoes, about 5 inches long
- 3 tablespoons olive oil
- salt and black pepper to taste
- ½ teaspoon paprika (optional)
- ½ teaspoon garlic powder (optional)



Directions

1. Preheat oven to 425°F.
2. Wash and peel sweet potatoes. Cut into ¼-inch slices.
3. In a large bowl, toss sweet potato slices in olive oil until coated. Sprinkle with salt, pepper, paprika, and/or garlic powder, if desired.
4. Spread in a single layer on a baking sheet.
5. Bake until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.

Recipe from: University of Maryland Cooperative Extension, Food Supplement Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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