

# Sweet Potato Fries

Serving Size: ½ Cup | Servings per Recipe: 6 | Heart Healthy



## INGREDIENTS

- 3 medium sweet potatoes
- 3 tablespoons oil
- Optional: Salt, pepper, ½ tsp paprika, ½ tsp garlic powder

## DIRECTIONS

- Preheat oven to 425°F.
- Wash, peel, and cut sweet potatoes into thin sticks.
- Toss with oil and seasonings.
- Spread in a single layer on a baking sheet.
- Bake 20 minutes, until golden and tender.



Calories per serving: 120 | 5 g total fat | 18 g total carbohydrates | 50 mg sodium | 1 g protein