

# Oven Baked Sweet Potato Fries



*These homemade fries pack in savory flavor and plenty of crispy satisfaction using your oven and a few pantry staple spices.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

2 lb	Sweet Potatoes, peeled and cut into match sticks about ¼" x 3"
2 Tbsp	Olive Oil
1 tsp	Garlic Powder
1 tsp	Smoked Paprika
½ tsp	Dried Oregano
1 tsp	Kosher Salt
½ tsp	Black Pepper

## CHEF'S NOTES

If you prefer, you can leave the skin on your sweet potatoes and simply give them a good wash before cutting into fries. You'll retain a little more fiber and texture.

Dipping sauces like ketchup and barbecue sauce can contain a lot of added sugar. Look for reduced sugar options or make your own dipping sauce by combining Greek yogurt with a little ketchup, salsa, hot sauce & Creole seasoning.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F and line two baking sheets with parchment paper or foil.
2. Add the cut sweet potato to a large mixing bowl and add the olive oil, tossing to coat evenly.
3. Make the seasoning mix by combining the garlic powder, smoked paprika, oregano, salt and black pepper in a small bowl.
4. Sprinkle the seasoning blend over the sweet potatoes and toss to coat evenly.
5. Divide the seasoned potatoes between the two prepared baking sheets in an even layer, avoiding overlapping pieces.
6. Bake for 18 – 22 minutes, checking and tossing the fries halfway through, until they are lightly browned and crispy.

# Nutrition Facts

8 servings per container

**Serving Size** 3/4 cup (~8-10 fries) (119 g)

Amount per serving

**Calories** 130

% Daily Value \*

**Total Fat 3.5g** 5%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 280mg** 12%

**Total Carbohydrate 24g** 9%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein 2g** 5%

Vitamin D 0mcg 0%

Calcium 50mg 3%

Iron 0.84mg 5%

Potassium 500mg 12%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

