



Sweet Potato Baked Fries

Ingredients

2-3 medium sweet potatoes
2 Tbsp. olive oil
1 tsp. garlic powder
1 tsp. paprika
1 tsp. salt
1/2 tsp. black pepper
1/2 tsp. cayenne pepper (optional)
2 Tbsp fresh parsley

Prep & Details

1. Preheat oven to 425°
2. Wash potatoes and leave skin on
3. Slice potatoes into thin strips, about 1/4" thick
4. In a large bowl, mix all spices and oil – except salt and parsley
5. Toss potatoes in oil mixture, thoroughly coating every slice of potato
6. Line large baking sheet with parchment paper and spread the potatoes in single layer on paper. Put in oven and set timer for 20 minutes.
7. When timer goes off, take fries out, flip with spatula and return to oven. Set timer for another 15 minutes. (Leave in longer if want yours crispier)
8. After the last timer, remove from oven, salt the fries, place in serving dish, sprinkle with fresh parsley and salt, serve.

NOTE: If you're watching your salt intake, you don't have to add it.

Nutrition Facts

1 Serving is about 3.1 oz or 88 g

Calories 124 From Fat 62

Total Fat 7 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 604 mg

Total Carbohydrates 15 g

Dietary Fiber 2 g

Sugars 4 g

Protein 1 g

Gluten Free, Allergy Friendly, Paleo Friendly



Eat Healthy, Eat Right
Nutrition Coaching for Your Lifestyle