



Sweet Potato Wedges

★★★★★ 5 from 2 votes

Easy baked sweet potato wedges! Quick, healthy recipe for sweet potato wedges that are crispy outside, tender inside and absolutely addictive.

PREP:	COOK:	TOTAL:
15 mins	23 mins	38 mins

SERVINGS: 6 servings

REVIEW

SAVE

PRINT

Ingredients

- 3 medium sweet potatoes
- 2 tablespoons [extra virgin olive oil](#)
- 1 teaspoon kosher salt *plus additional for serving*
- 1 teaspoon garlic powder
- 1/4 teaspoon chipotle chile powder *use less if sensitive to spice or omit*
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried rosemary

Instructions

- 1 Place a rack in the center of your oven and preheat the oven to 450 degrees F.
- 2 Scrub and dry the sweet potatoes. Peel them if you like (I leave the peels on sweet potatoes).
- 3 Cut each sweet potato in half lengthwise. Cut each half into 3 or 4 long spears (so you will have 6 to 8 wedges per potato). Each spear should be about 3/4-inch to 1-inch wide; the most important thing is to cut them as uniform in size as you can so that they bake evenly.
- 4 Place the spears on a rimmed baking sheet and drizzle with the oil.

- 5 In a small bowl, stir together the salt, garlic powder, chipotle chile powder, black pepper, and rosemary. Sprinkle over the potatoes and toss to coat, ensuring the wedges are evenly coated with the oil and spices.
- 6 Arrange the sweet potato wedges into a single layer, being careful that the wedges do not touch (if your pan is crowded and they are touching, divide the wedges between two baking sheets and bake in the upper and lower thirds of the oven instead).
- 7 Bake the sweet potato wedges for 15 minutes, then turn over with a spatula. Return the pan to the oven and bake for another 5 to 10 minutes, until lightly browned and tender when pierced with a fork.
- 8 Turn the oven to broil. Broil the sweet potatoes for 3 to 5 minutes, until they are crisped at the edges to your liking (watch carefully so that they do not burn). Remove from the oven and immediately sprinkle with a pinch of additional salt. Enjoy!

Notes

- **TO STORE:** Refrigerate sweet potato wedges in an airtight storage container for up to 4 days.
- **TO REHEAT:** Rewarm leftovers on a baking sheet in the oven at 350 degrees F.
- **TO FREEZE:** Freeze wedges in an airtight freezer-safe storage container for up to 3 months. Let thaw overnight in the refrigerator before reheating.

Nutrition

SERVING: 1(of 6)

CALORIES: 141kcal

CARBOHYDRATES: 23g

PROTEIN: 2g

FAT: 5g

SATURATED FAT: 1g

POTASSIUM: 390mg

FIBER: 3g

SUGAR: 5g

VITAMIN A: 16057IU

VITAMIN C: 3mg

CALCIUM: 35mg

IRON: 1mg

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