SWEET POTATO FRIES

Sprinkle on some garlic powder and chili powder for added flavor!

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SWEET POTATO FRIES
SERVES 6  SERVING: 1 CUP

INGREDIENTS:
• 3 sweet potatoes
• ½ teaspoon salt
• ¼ teaspoon pepper
• 1 tablespoon vegetable oil
• Nonstick cooking spray

DIRECTIONS:
1. Preheat oven to 400°F. Coat baking sheet with nonstick cooking spray.
2. Cut each potato in half lengthwise, then cut each half into wedges.
3. In a large bowl, combine the cut potatoes, salt, pepper, and oil. Toss until potatoes are evenly coated.
4. Arrange potatoes in a single layer on a baking sheet.
5. Bake for 15 minutes. Remove from oven and stir.
6. Place back in the oven until edges are crisp and potatoes are cooked through, about 15-30 minutes.

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Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.