

# SWEET POTATO FRIES

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



**food**  
**bank**  
of the Southern Tier

*Just Say Yes*

*To Fruits & Vegetables*

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**FIDELIS CARE**®

## SWEET POTATO FRIES

**SERVES 6 SERVING: 1 CUP**

*Just Say Yes*

To Fruits & Vegetables

### 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.

For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)

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.