

Sweet Potato Fries

Ingredients:

3 Tbsp light olive oil, for lightly coating
6 large sweet potatoes, peeled and sliced in ½-inch strips
1 tsp salt
¼ packet (about 1 Tbsp) taco seasoning mix

Directions:

1. Preheat oven to 425 degrees F.
2. In a large bowl, drizzle oil over the potatoes and toss to coat. Add salt and taco seasoning mix and toss. Place sweet potato fries in one even layer onto a baking sheet. Keep space between them so they get crispy on all sides. Bake in batches.
3. Place into the oven for 10 minutes, then flip them over. Place back in for 10 more minutes. They should be soft on the inside and browned on the outside. Let them cool for 5 minutes before serving.

*You may substitute baking potatoes for sweet potatoes. However, when placing back into oven change cooking time to 5 minutes instead of 10.

Yield: 6 servings

Recipe adapted from Television Food Network.

Nutritional information per serving: calories 230, calories from fat 70, total fat 7g, saturated fat 1g, trans fat 0g, cholesterol 0mg, sodium 560 mg, total carbohydrate 38g, dietary fiber 6g, sugars 15g, protein 4g, vitamin A 690%, vitamin C 60%, calcium 6%, iron 8%