

Oven Baked Sweet Potato Fries

Sweet potato fries at restaurants are often deep fried in unhealthy fat. A healthier way to make them is to bake with a small amount of vegetable oil, such as canola or olive oil.



Ingredients

	Cooking spray	
4 medium	Sweet potatoes	4 medium
1 ½ Tbsp	Canola oil	22 mL
½ tsp	Salt	2 mL
1 tsp	Garlic powder	5 mL

Directions:

1. Preheat oven to 400°F (200°C).
2. Spray a shallow baking sheet with non-stick cooking spray or place a sheet of parchment paper on the baking sheet to keep the fries from sticking to the pan.
3. Wash sweet potatoes thoroughly (do not peel).
4. Cut potatoes into wedges (about ⅓ inch/ 1 cm thick).
5. Pat potatoes dry with paper towels or clean dish towel.
6. In a large bowl, mix potatoes with oil, salt and garlic powder.
7. Spread the potatoes on the baking sheet.
8. Bake for 15 minutes.
9. Turn potatoes once and bake for another 10 minutes or until golden and crisp.

Makes 6 servings (125 mL/ ½ cup/ 91 g)

Note: For variation, use any other root vegetable: potatoes, yams, carrots, or turnips.

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Nutrition Facts	
Per 1/6 of recipe (125 mL/ ½ cup/ 91 g)	
Amount	% Daily Value
Calories 110	
Fat 3.5 g	5 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 240 mg	10 %
Carbohydrate 18 g	6 %
Fibre 3 g	12 %
Sugars 4 g	
Protein 1 g	
Vitamin A	560 %
Vitamin C	4 %
Calcium	2 %
Iron	4 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Saturated fat-free	0 mg
Source of potassium	297 mg
Source of magnesium	22 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.