

# Sweet Potato Fries

**Adapted From:** Jennifer Broxterman's Kitchen

This recipe takes less than 5 minutes to prepare and provides a quick and easy vegetable side dish that's loved by the whole family. Sweet potato fries baked in olive oil offers a tasty, lower-fat, lower-sodium option versus its cousin, the deep fried French Fry. This food is also a good source of **dietary fibre** (leave the skin on for maximum fibre), **vitamin B6**, **iron**, and **potassium**, and a very good source of **vitamin A**, **vitamin C**, and **manganese**.



Ingredients		
Sweet potato	1 small	1 small
Dried rosemary	1 Tbsp	15 mL
Dried thyme	1 Tbsp	15 mL
Olive oil	1 Tbsp	15 mL
Parmesan cheese, shredded	1 Tbsp	15 mL

## Directions:

1. Preheat oven to 375°F.
2. Line a large baking sheet with aluminum foil.
3. Wash the sweet potato under cold running water and scrub away any dirt.
4. Leaving the skin on, cut the sweet potato in half lengthwise, then cut into matchstick-sized fries about 1-2 cm thick.
5. In a large bowl, combine sweet potato fries, dried spices, oil, and parmesan cheese. Mix together with a large spoon. Another quick option is to place all ingredients in a large resealable tupperware container and shake for 5-10 seconds to mix well.
6. Spread sweet potato fries across the baking sheet, trying to allow a bit of space between each fry.
7. Bake at 375°F for approximately 30-35 minutes. Switch to broiling the fries on high for the last 5 minutes of cooking to make them crispier.

## Nutrition Facts

Serving Size (86g)			
Servings Per Container			
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Amount Per Serving			
<b>Calories</b> 210	<b>Calories from Fat</b> 140		
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			% Daily Value*
<b>Total Fat</b> 16g			<b>25%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 120mg			<b>5%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 3g			
<b>Protein</b> 3g			
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Vitamin A 60%	• Vitamin C 20%		
Calcium 20%	• Iron 35%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

*Serving Size Guide:* 1 small sweet potato = 1 serving/person (86g/serving) = 2 vegetable servings