



Sweet Potato Fries

*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**.*

Prep: 5 minutes • Total: 40 minutes

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 | |
| Amount Per Serving | | | |
| Calories 210 | Calories from Fat 140 | | |
| % Daily Value* | | | |
| Total Fat 16g | 25% | | |
| Saturated Fat 3g | 15% | | |
| Trans Fat 0g | | | |
| Cholesterol 5mg | 2% | | |
| Sodium 120mg | 5% | | |
| Total Carbohydrate 16g | 5% | | |
| Dietary Fiber 5g | 20% | | |
| Sugars 3g | | | |
| Protein 3g | | | |
| 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 |

Adapted from: Jennifer Broxterman's Kitchen

Makes 1 serving (86 g / serving) • 1 serving = 1 small sweet potato

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