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| **Sweet Potato Fries**  **•A HEALTHY RECIPE•** |
| 1 large sweet potato (or two small) 2 Tablespoons oil ½ teaspoon salt 1/4 teaspoon pepper   1. Wash potatoes. Dry potatoes on paper towels.  2. Line a sheet tray with parchment 3. Cut potatoes into fry shapes (1-2 inches in length and ½ inch in width).  4. Combine seasonings in a large bowl. 5. Add potatoes and toss well to coat. 6. Bake at 450 degrees for 20 minutes ***(turn occasionally).*** |
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| **Baked Low-fat French Fries Recipe**  **•A HEALTHY RECIPE•** |
| **Sweet Potato Fries**  **•A HEALTHY RECIPE•** |
| 1 large sweet potato (or two small) 2 Tablespoons oil ½ teaspoon salt 1/4 teaspoon pepper   1. Wash potatoes. Dry potatoes on paper towels.  2. Line a sheet tray with parchment 3. Cut potatoes into fry shapes (1-2 inches in length and ½ inch in width).  4. Combine seasonings in a large bowl. 5. Add potatoes and toss well to coat. 6. Bake at 450 degrees for 20 minutes ***(turn occasionally).*** |