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| **Sweet Potato Fries****•A HEALTHY RECIPE•**  |
| 1 large sweet potato (or two small)2 Tablespoons oil½ teaspoon salt1/4 teaspoon pepper 1. Wash potatoes. Dry potatoes on paper towels.2. Line a sheet tray with parchment3. 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•**  |
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