

Colorful Oven Fries

Alison Ashton

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Servings: 6

Start to Finish Time: 30 minutes

2 pounds assorted sweet potatoes, peeled and cut into 1/4-inch-thick sticks

1 tablespoon canola oil

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/4 teaspoon ground cinnamon (optional)

2 tablespoons potato starch

Preheat the oven to 450 degrees.

Line two baking sheets with parchment paper, or coat with cooking spray.

Set one oven rack in top position and one rack in bottom position.

Toss together the sweet potatoes, oil, salt, pepper and cinnamon, if using.

Sprinkle with potato starch. Toss the mixture once more to coat well. Arrange in a single layer on the prepared baking sheets.

Bake for 10 minutes.

Turn the potatoes with a spatula and rotate the baking sheets.

Bake 12 minutes more or until golden brown.

Per Serving (excluding unknown items): 31 Calories; 2g Fat (64.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.