

Sweet Potato Fries

Cooking Light Test Kitchen

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Servings: 4

1 large sweet potato, peeled and cut into 1/4-inch strips

1 tablespoon extra-virgin olive oil

1/4 teaspoon Kosher salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground red pepper

Preheat the oven to 450 degrees.

In a large bowl, combine the sweet potato, olive oil, Kosher salt, pepper and red pepper. Toss to combine.

Arrange the potato pieces on a foil-lined jelly-roll pan.

Bake for 25 minutes or until browned, turning occasionally.

Per Serving (excluding unknown items): 64 Calories; 3g Fat (47.8% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat.