

Sweet Potato “Fries”



Preheat oven to 375° F (190° C)
Nonstick baking sheet

1 lb	sweet potatoes, each cut lengthwise 500 g
	into 6 wedges.....
2 tsp	vegetable oil.....10 mL
1/4 tsp	paprika 1 mL
1/8 tsp	garlic powder0.5 mL
	black pepper

1. Place potatoes in a bowl. Add oil, paprika and garlic powder. Season to taste with pepper. Toss to coat. Transfer to baking sheet. Bake for 25 minutes or until tender and golden, turning once.

NUTRIENTS Per Serving

Calories: 103	Protein: 5 g
Fat: 2.3 g	Carbohydrate: 16 g
Saturated Fat: 0.4 g	Fiber: 2 g
Sodium: 264 mg	

Very high in: vitamin A, vitamin C
High in: folacin **Source of:** thiamine, riboflavin, niacin, vitamin B6, pantothenic acid, calcium, magnesium, iron, zinc, fibre

MAKES 4 SERVINGS

Bev Callaghan

Here's a delicious alternative to French fries - with more nutrients and less fat.

FOOD FAST

For a super-quick sweet potato, cook it in the microwave. Just scrub a medium 8 oz (250 g) potato, pierce it with a fork and microwave on High for 2 to 3 minutes. Let stand for 2 minutes before serving.

Diabetes Food Choice Values Per Serving

1 Vegetables & Fruit