

## Sweet potato fries



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

## **About this recipe**

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 20-30 minutes cook time

Special criteria

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## Ingredients

- 2 large sweet potatoes
- 2 tablespoons canola or vegetable oil
- 1/4 teaspoon salt
- Optional: A little cinnamon mixed with sugar to sprinkle on top

## Directions

1. Preheat oven to 400 degrees F.
2. Peel the sweet potatoes if desired. Cut them into long pieces that look like French fries.
3. Mix the cut potatoes, oil, and salt in large bowl.
4. Put the potatoes in a baking pan or on a cookie sheet. Put pan in the oven.
5. Stir every 10 minutes. Bake until light brown outside and cooked inside (20-30 minutes).
6. Serve the potatoes with a little cinnamon sugar on top, if desired.

## Tips and variations

- There are several different types of sweet potatoes that are available, and they may be also labeled as “yams.” You can use any variety (or a mix of varieties) in this dish. Note that the orange-fleshed varieties generally are sweeter and take a little longer to cook.
- Chopped, leftover sweet potatoes work great in scrambled eggs or omelets, soups or stews, pizza, and stir-fried greens.

## Nutritional info

Calories

116

Total fat

6.8 g

Saturated fat

0.5 g

Cholesterol

0 mg

Sodium

326.4 mg

Total carbohydrates

13.1 g

Dietary fiber

2 g

Protein

1 g

Total sugar

2.7 g

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