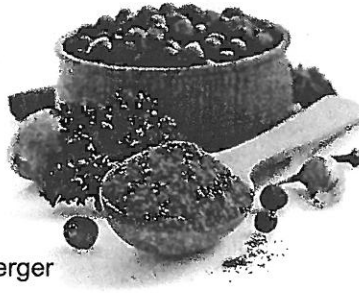


Recipe



Prep Time:	20 minutes
Cook Time:	25 - 30 minutes
Serving Size:	6, 8 - 10 fries

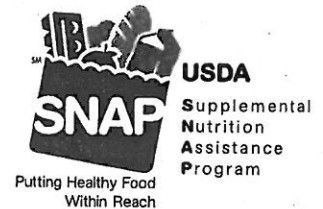
Nutrients Per Serving:	Calories	90
Protein	1 g,	Carbohydrate 16 g,
Dietary Fiber	3 g,	Total Fat 3 g,
Saturated Fat	0 g,	Sodium 240 mg

County information

Ohio State Extension - Wyandot County
 SNAP - Ed program assistant - Tami Baumberger
 109 S. Sandusky Ave. Room 16
 Upper Sandusky, Ohio 43351

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Sweet Potato Fries



INGREDIENTS

3 - 4 medium sweet potatoes
 1 - 2 Tablespoons corn starch
 3 Tablespoons oil
 Optional Seasonings:
 1/2 teaspoon paprika
 1/2 teaspoon garlic powder
 salt and pepper to taste

DIRECTIONS

1. Preheat oven to 450 degrees
2. Wash sweet potatoes. Peel potatoes if desired. Cut into 1/4 - 1/2 inch slices.
3. In a large plastic bag add corn starch and sweet potato slices. Shake to lightly coat potatoes. (This will help crisp up the potatoes.)
4. Shake off any excess corn starch. In a bowl or another large plastic bag add oil and seasonings. Avoid salt as it will cause potatoes to be limp.
5. Add potatoes to bag, shake to evenly coat potatoes.
6. Spread potato slices in a single layer on a foil lined baking sheet.
7. Bake at 450 degrees until tender and golden brown. (about 20 minutes), turning occasionally to brown evenly. Salt lightly as desired.

TIP: Bake on a wire rack to avoid turning sweet potato fries during the baking time.

Source:

What's Cooking - USDA

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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