

VEGETABLE AND FRUIT SIDE DISHES

Sweet Potato Baked Fries

4	sweet potatoes	4
2 tbsp	vegetable oil	30 mL
	salt and pepper	
	Parmesan cheese (optional)	



1. Heat oven to 450 F
2. Peel sweet potatoes. Rinse and dry well. Cut into wedges or small sticks. Put sweet potatoes in a bowl and coat well with vegetable oil.
3. Arrange potatoes on a baking sheet. Bake for 15 minutes. Turn the fries over and bake for another 15 minutes until slightly crispy.
4. Season to taste with salt and pepper and Parmesan cheese if you wish.

KID FRIENDLY RECIPE MONEY SAVING RECIPE

5 minutes to prepare
30 minutes to cook
Makes 4 Food Guide
Servings

WHAT YOU NEED:

- sharp knife
- cutting board
- baking sheet

NUTRITION NOTES:

Sweet potatoes are much more nutritious than white potatoes. Sweet potatoes are one of the best vegetable sources of beta-carotene. They are also higher in fibre, vitamin C and folate than white potatoes. Eating Well with Canada's Food Guide recommends that people eat at least one dark green and one orange vegetable each day.

TASTY IDEAS:

Leave the skins on the sweet potatoes for an extra source of fibre.

