Oven Baked Sweet Potatoes

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Makes About 4 Servings

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Ingredients

Oven Baked Sweet Potatoes

4	Medium Sweet Potatoes
1 tablespoon	Vegetable Oil
½ teaspoon	Black Pepper
½ teaspoon	Paprika
¼ teaspoon	Cayenne Pepper (optional)
⅛ teaspoon	Salt
3 cloves	Garlic, chopped
	Nonstick cooking spray

Oven Baked Sweet Potatoes Directions

1. Preheat oven to 375 degrees F. Spray baking pan with nonstick cooking spray.
2. Cut potatoes into wedges or strips. Place in a bowl of cold water for 15 minutes.
3. Drain potatoes. Place in a large bowl and coat with vegetable oil. Season with black pepper and salt. Add paprika and cayenne pepper (if using). Place in a single layer on the baking sheet.
4. Bake for 20 minutes. Remove from oven, turn the potatoes over with a spatula, and sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

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