



Makes 6 Servings

Category:

Sweet Potatoes | Home/Family

Ingredients

Oven Baked Sweet Potato Fries

3 medium Sweet potatoes, 5 inches long

3 tablespoons Olive oil

Optional Seasonings

to taste Salt and pepper

½ teaspoon Paprika

½ teaspoon Garlic powder

Oven Baked Sweet Potato Fries Directions

1. Wash and peel sweet potatoes. Cut into 1/4 inch slices.
2. In a large bowl, toss slices in olive oil until coated. Sprinkle with seasonings as desired.
3. Spread in a single layer on a baking sheet.
4. Bake at 425°F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.

Recipe notes

Source: [University of Maryland Extension](#). Food Supplement Nutrition Education Program.

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