

Oven Fried Sweet Potatoes

Makes 4 servings (3/4 cup per serving)

4 medium sweet potatoes,
peeled

2 tablespoons canola oil

Spices:

½ teaspoon salt

½ teaspoon black pepper

½ teaspoon garlic powder

1 teaspoon onion powder

1. Preheat oven to 450°F. Spray baking sheet or cookie sheet with cooking spray. Slice raw potatoes into 2-inch strips and pile on prepared baking sheet.
2. Sprinkle potatoes with spices; drizzle with canola oil and toss to coat.
3. Spread seasoned potatoes in a single layer on a baking sheet. Bake in 450° F oven until crisp, about 35 minutes. Turn potatoes one time.

Nutrition information per serving (3/4 cup):

170 calories, 3 gm protein, 25 gm carbohydrate, 4 gm dietary fiber, 7 gm fat, .5 gram saturated fat, 0 mg cholesterol, 340 mg sodium