



Sweet Potato Fries

This recipe takes less than 5 minutes to prepare and provides a quick and easy vegetable side dish that's loved by the whole family. Sweet potato fries baked in olive oil offers a tasty, lower-fat, lower-sodium option versus its cousin, the deep fried French Fry. This food is also a good source of **dietary fibre** (leave the skin on for maximum fibre), **vitamin B6**, **iron**, and **potassium**, and a very good source of **vitamin A**, **vitamin C**, and **manganese**.

Prep: 5 minutes • Total: 40 minutes

Ingredients:

Sweet potato	1 small	1 small
Dried rosemary	1 Tbsp	15 mL
Dried thyme	1 Tbsp	15 mL
Olive oil	1 Tbsp	15 mL
Parmesan cheese, shredded	1 Tbsp	15 mL

Directions:

- Preheat oven to 375°F.
- Line a large baking sheet with aluminum foil.
- Wash the sweet potato under cold running water and scrub away any dirt.
- Leaving the skin on, cut the sweet potato in half lengthwise, then cut into matchstick-sized fries about 1-2 cm thick.
- In a large bowl, combine sweet potato fries, dried spices, oil, and parmesan cheese. Mix together with a large spoon. Another quick option is to place all ingredients in a large resealable tupperware container and shake for 5-10 seconds to mix well.
- Spread sweet potato fries across the baking sheet, trying to allow a bit of space between each fry.
- Bake at 375°F for approximately 30-35 minutes. Switch to broiling the fries on high for the last 5 minutes of cooking to make them crispier.

Nutrition Facts

Serving Size (86g)

Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 16g **5%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 3g

Vitamin A 60% • Vitamin C 20%

Calcium 20% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Jennifer Broxterman's Kitchen

Makes 1 serving (86 g / serving) • 1 serving = 1 small sweet potato

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