



sweet potato fries

serves 4

ingredients



1

medium sweet potato,
7 inches long by 3 inches
across



1tbsp
or
15ml

canola or olive oil

seasoning



salt & pepper

Recipe serves 4—each serving represents:

1 serving from the Vegetables and Fruit Food Group

based on Canada's Food Guide

Nutrition Facts

Serving Size (1/4 recipe)
Recipe makes 4 servings

Amount Per Serving	
Calories	70
Total Fat	3.5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	9g
Dietary Fiber	1g
Sugars	4g
Protein	1g
Vitamin A	170%
Calcium	2%
Vitamin C	15%
Iron	0%

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1 Heat oven to 350°F/ 180°C.



2 Peel sweet potato.



sweet potato



3 Cut into finger size pieces.



4



Put potato pieces in plastic bag.

5 Add oil.



canola or olive oil



6 Close bag.



7 Shake/rub potato pieces inside bag.



8 Spread potato pieces onto a cookie sheet.



9 Put in oven.



10 Bake for 15 minutes.



11 After 15 minutes, turn the potato pieces over.



12 Put back in oven.

13 Bake for another 15 minutes.



14 Remove from oven.



15 Add seasoning. Serve hot.



recipe source
East Central Health