



EATING SMART  
BEING ACTIVE

## Sweet Potato Fries

Makes: 6 servings (½ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 25 minutes

### Ingredients

3 large sweet potatoes, peeled and cut into 2 inch long and ¼ inch thick pieces\*

1 tablespoon vegetable oil

½ teaspoon paprika

½ teaspoon salt

¼ teaspoon black pepper

½ teaspoon garlic powder

### Directions

1. Preheat the oven to 425°F.
2. Wash and peel the sweet potatoes.
3. Collect, cut, and measure all ingredients before starting to prepare the recipe.
4. In a large bowl, toss the sweet potatoes with the oil to coat.
5. Add the paprika, salt, pepper, and garlic powder, and mix to coat. Spread sweet potato fries in a single layer on a baking sheet, making sure they do not overlap.
6. Bake about 20 minutes, turning halfway through, until they are tender and golden brown.
7. Turn the oven to broil, and allow to cook for another 3 to 5 minutes until potatoes reach desired crispness.
8. Allow to cool for 5 minutes before serving.
9. Refrigerate leftovers within 2 hours.
10. Reheat leftovers in a single layer at 350°F until hot. Eat within 3 to 5 days.

\* Be sure the sweet potato pieces are about the same size (so they cook evenly) and very thin (so they get crispy when cooking).

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 Cup (69g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 226mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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