

Baked Sweet Potato Fries

Ingredients:

- 3 Sweet Potatoes
- 2 tablespoons canola oil
- ¼ teaspoon salt
- 1/2 teaspoon cayenne pepper

Directions:

Preheat oven to 400 degrees Fahrenheit. Spray pan with non-stick cooking spray. Wash 3 potatoes and slice into uniform wedges. Toss with oil, salt and cayenne pepper. Place (single layer) on pan and bake for 30 minutes, turning once halfway through.

Recipe submitted by Brittany McLean, Nutrition and Dietetics Student at Framingham State