



Recipe of the Month – October

Sweet Potato Fries

Serves 6

Serving Size 2/3 cup with 1 Tbsp dip

Ingredients:

1.5 pounds sweet potatoes (about 4 medium)
1 Tbsp vegetable oil
1/8 tsp salt

Dip:

1/4 cup light mayonnaise
1 Tbsp ketchup
1/8 to 1/4 tsp cayenne pepper, chili powder or paprika

Directions:

1. Preheat oven to 425°F
2. Rinse potatoes with water – you may peel if desired
3. Cut potatoes in half lengthwise
4. Lay out the cut potato halves
5. Slice into half-round shapes about 1/4 inch thick
6. Combine potatoes, oil and salt in mixing bowl
7. Stir to cover potatoes with oil
8. Lay potatoes in a single layer on cookie sheet
9. Bake for 30 minutes – turn after 15 minutes
10. While potatoes bake, mix the dip ingredients
11. Serve immediately – best served hot

-You can skip the dip, if you like, or use ketchup
-Sweet potatoes are a good source of Vitamin A
-Great as an appetizer

NUTRITION FACTS PER SERVING: Calories 150, Total Fat 6g , Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 220mg, Total Carbohydrate 24g, Dietary Fiber 3g, Sugars 6g, Protein 2g