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
¼ tsp salt

Dip:
¼ cup light mayonnaise
1 Tbsp ketchup
⅛ to ¼ 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 ¼ 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

Recipe compliments of Iowa State University Extension, Healthy and Homemade 2013 Nutrition & Fitness Calendar