



Sweet Potato Cajun Oven Fries

Courtesy of Operation Frontline, a partner of Share our Strength

Yield: 48-50 fries

Prep Time: 15 minutes

Ingredients

- 4 medium sweet potatoes
- 1 ½ tsp paprika
- 1 tsp salt
- ½ tsp ground pepper
- ¼ tsp cayenne pepper
- 2 tbs Olive Oil



For easier clean up, line the baking sheet with aluminum foil

1. Preheat oven to 425°
2. Rinse Sweet Potatoes well
3. Leave skin on, cut sweet potatoes into thick French Fry strips, about 1/2 –inch wide
4. Mix Paprika, salt, ground pepper, and cayenne pepper into a mixing bowl to make Cajun seasoning
5. Transfer sweet potato spices into a bowl. Add olive oil and Cajun seasoning and toss until sweet potato pieces are coated on all sides
6. Place sweet potato pieces in a single layer on a baking sheet and bake for 15 minutes (you will need more than one baking sheet or double the amount of time)
7. Turn fries over and bake another 10-15 minutes, until fries are soft

Note: you can peel off the skin of the potatoes, but you would be missing the fiber and other important nutrients 📄

Nutrition Facts:

Serving Size: 8-10 Fries

Dietary Fiber: 3 g

Per Serving:

Sugar: 5g

Calories: 110

Protein: 1g

Total Fat: 5g

Vit A: 90%

Saturated Fat: 0g

Calcium: 2%

Cholesterol: 0mg

Vit C: 20%

Sodium: 430 mg

Iron: 4%

Total Carbohydrate: 16g

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