

Oven Fried Sweet Potatoes



Oklahoma

Gardening

- 2 (8 ounce) peeled sweet potatoes
 - 1 teaspoon olive oil
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon salt
 - 1/4 teaspoon paprika
 - 1/4 teaspoon garlic powder
 - 1/8 teaspoon cayenne pepper
1. Preheat oven to 425°F.
 2. Cut sweet potatoes in half lengthwise; cut each half lengthwise into 6 wedges.
 3. Combine sweet potatoes and remaining ingredients in a bowl; toss gently to coat. Place wedges on a baking sheet (do not overlap); bake at 425°F for 25 minutes or until very tender.

Makes 4 servings (6 wedges per serving)

Nutrition Facts		
Serving Size: about 6 wedges		
Servings per recipe: 4		
Amount Per Serving		
Calories 97	Calories from fat 9	
Value		% Daily
Total Fat 1g		2
Saturated fat	trace	1%
Cholesterol 0mg		0%
Sodium 144g		6%
Carbohydrate 20g		7%
Dietary Fiber	3g	10%
Protein 1g		3%
Vitamin A: 330%	Vitamin C: 31%	Folacin: 3%
Calcium: 2%	Iron: 3%	Potassium: 5%

Provided by:

Barbara Brown
Food Specialist
OSU Cooperative Extension Service
Stillwater, Oklahoma 74078-6141
bbrown@okstate.edu