

Sweet Potato Fries

4 small sweet potatoes with skin, washed and scrubbed clean
2 tbsp olive oil
1 tsp cayenne

Heat oven to 450 Degrees Farenheit.

Slice sweet potatoes length wise into wedges. Mix olive oil and cayenne in medium mixing bowl. Add sweet potatoes and coat evenly. Place on a baking sheet and bake for 25-30 minutes or until soft. Broil for 2-3 minutes until slightly browned and crunchy.

Serves 4.

Calories 160 Fat 7g Carbohydrate 23g Fiber 4g Protein 2g Sodium 0mg