

SWEET POTATO OVEN FRIES

INGREDIENTS

Olive oil cooking spray
Enough sprigs of fresh rosemary to cover a baking sheet
1 tsp/ 5 ml chili powder
1 tsp/ 5 ml ground cumin
1 tsp/ 5ml paprika
1 tsp/ 5 ml Kosher salt
1 tsp/ 5 ml freshly ground black pepper
2 medium sweet potatoes (about 1 pound), scrubbed and blotted dry

PREPARATION

1. Preheat oven to 400 F/ 204 C.
2. Spray a baking sheet with olive oil spray. Spread rosemary sprigs on sheet in a single layer, making sure entire surface is covered. Mix together all other ingredients, except sweet potatoes, in small bowl.
3. Square off potatoes and slice into "steak fries". Lay strips of potato on rosemary in single layer. Sprinkle generously with seasoning mixture. Spray generously with olive oil spray. Bake 20 minutes.
4. Spray again. Return to oven for about 25 minutes more or until fries are golden and puffed.

NUTRITIONAL VALUE PER SERVING 6 servings

Calories: 44/Calories from fat: 1/Protein: 1g/Carbs: 13g/Dietary Fiber: 1g/Sugars: 1g/Fat: 0g/Sodium: 288mg