

Sweet Potato Fries

Baking or roasting vegetables brings out the flavor and sweetness in them. Baking is a healthier way of cooking compared to frying, because it uses much less oil.

- 2 lbs. sweet potatoes
- 1 Tablespoon canola oil
- 1/4 teaspoon crushed oregano
- 1/4 teaspoon pepper

1. Scrub and dry sweet potatoes. Cut them into strips, place in a large bowl, and toss with oil, oregano and pepper.
2. Arrange potatoes in a single layer on a foil or parchment paper lined baking sheet or in a glass baking dish.
3. Bake at 400°F for 40 to 50 minutes, or until golden brown and cooked through. Check after 20 minutes and rotate if necessary.

Servings:	6
Serving Size:	1/6 recipe
Calories	199
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	13mg
Total Fiber	6g
Protein	2g
Carbohydrates	42g
Potassium	1235mg

Variation: Roasted Vegetables

Try roasting other vegetables this way as well. Carrots, parsnips, pumpkin, cauliflower, onion and even apple or pear can be tossed with oil, herbs and pepper and placed in a glass baking dish or lined baking sheet to roast. Vary the seasonings. Try a mixture of cinnamon and cumin, or oregano and thyme. This recipe works well with fresh or dried herbs.