

Oven Baked Sweet Potatoes (4- ½ cup servings)



From USDA Household Commodity Fact Sheet/Adapted from Recipezaar.com

Ingredients:

| | |
|-------------------------|--------------------------------------|
| 4 medium sweet potatoes | ½ teaspoon paprika |
| Nonstick cooking spray | ¼ teaspoon cayenne pepper (optional) |
| 1 Tablespoon oil | 1/8 teaspoon salt |
| ½ teaspoon black pepper | 3 cloves garlic, chopped |

Directions:

1. Preheat oven to 375°. Spray baking sheet with nonstick cooking spray, or line with parchment paper, or grease lightly with oil.
2. Cut potatoes into wedges or strips. Place in a bowl of cold water for 15 minutes. Drain potatoes and pat dry.
3. Place potatoes in a large bowl and coat with oil. Season with black pepper, paprika, and salt and additional spices as desired.
4. Place in a single layer on the baking sheet and bake 20 minutes. Remove from oven and turn with a spatula. Sprinkle with garlic and bake an additional 15 minutes or until brown and crisp.

Nutrient content per serving : Calories: 150; Total fat: 3.5 g; Saturated fat: 0 g; Sodium: 140 mg; Total Carbohydrate: 27 g; Dietary fiber: 4 g; Protein: 2 g

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