Sweet Potato Fries
Makes 6 Servings

Ingredients:
- 1 1/2 pounds sweet potatoes (about 4 medium)
- 1 tablespoon oil (canola or vegetable)
- 1/8 teaspoon salt
- 1/4 cup light mayonnaise or salad dressing
- 1 tablespoon ketchup
- 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

Directions:
1. Preheat oven to 425° F.
2. Rinse potatoes under running water. Scrub potatoes well and peel, if desired.
3. Cut the potatoes in half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4” thick.
5. Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil.
6. Grease cookie sheet with oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning after 15 minutes.
8. Mix the dip ingredients together while potatoes are baking.

Tips:
- These are best when served hot.
- Sweet potatoes are a great source of Vitamin A.
- You can skip the dip or use ketchup.
- Sweet potatoes are great as an appetizer.

Source: Cornell University Cooperative Extension – Iowa State Extension.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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