



Healthy Food, Healthy Families
EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Oven Baked Sweet Potato Fries

- 2 large sweet potatoes, peeled
- 1 to 2 Tablespoons olive or canola oil
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger



1. Preheat the oven to 425 degrees F.
2. Cut the peeled sweet potatoes in half lengthwise, then cut each half into six wedges.
3. Combine the oil, salt, cinnamon, and ginger in a large shallow bowl and mix well. Add the sweet potatoes and toss to coat evenly with the oil mixture.
4. Place the wedges in a single layer on a baking sheet. Bake for 25 minutes or until tender. Makes 4 servings.

Nutrition Facts	
Serving Size (105g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Sugars 5g	
Protein 2g	
Vitamin A 330%	Vitamin C 25%
Calcium 2%	Iron 2%



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