

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Oven Sweet Potato Fries

Golden baked sweet potato slices with a smoky dip, about 32 cents a serving.

Makes 6 servings | Serving: 2/3 cup fries and 1T dip | About $0.32 per serving | 15 min + 30 min

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

Method

1. Heat the oven to 425°F.
2. Scrub the sweet potatoes and peel if you like.
3. Halve lengthwise and slice into 1/4-inch half-moons.
4. Toss with the oil and salt.
5. Spread in one layer on an oiled sheet and bake about 30 minutes, turning halfway.
6. Stir the mayo, ketchup and spice together for the dip.

Swaps: Skip the dip or use plain ketchup. Cinnamon instead of cayenne makes them a sweeter side.

Storage: Best hot; reheat leftovers in the oven.

Nutrition Facts

Per serving (2/3 cup fries and 1T dip)

Calories	**140**
Total Fat	4.5 g
Saturated Fat	0.5 g
Sodium	220 mg
Total Carbohydrate	25 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars	1 g
Protein	2 g
Calcium	35 mg
Iron	1 mg
Potassium	394 mg

Why it's good for you

- Sweet potatoes are packed with beta-carotene (vitamin A).[1]
- They also supply potassium.[2]

[1] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/
[2] NIH Office of Dietary Supplements: Potassium fact sheet, https://ods.od.nih.gov/factsheets/Potassium-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/sweet-potato-fries/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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