

SWEET POTATO FRIES

Serves 4

INGREDIENTS

2 large sweet potatoes
2 tbsp olive oil
1 tbsp cumin
1tbsp chili powder
1/2 tbsp garlic
1 tsp salt

DIRECTIONS

Peel sweet potatoes and cut into fries as pictured below.

Place sweet potato fries on baking sheet and coat with olive oil. Season with cumin, chili powder, garlic, and salt.

Cook at 375. After 15 minutes, stir sweet potatoes and then cook for additional 15 minutes or until sweet potatoes have softened.

DID YOU KNOW?

Sweet potatoes are a good source of beta carotene, which is important for eye health.

