Sweet Potato “Fries”
Serves 4
1 ¼ pounds sweet potato (2 medium potatoes)
1 tablespoon canola oil
½ teaspoon chili powder
½ teaspoon pumpkin pie spice*
¼ teaspoon salt
¼ teaspoon pepper

Directions:
Preheat the oven to 400 degrees F. Line a baking sheet with aluminum foil.

Cut potatoes in half lengthwise then cut into ½ inch thick fries.

Place sweet potato fries in a large mixing bowl. Add oil and spices. Toss until they are thoroughly coated with spices.

Spread fries in a single layer on prepared baking sheet. Place in preheated oven. Bake for 30 - 35 minutes turning to ensure even cooking.

*If you don’t have pumpkin pie spice you can use ¼ tsp cinnamon, plus 1/8 tsp nutmeg, plus 1/8 tsp cloves.

Nutritional Information per serving:
Calories: 82  Carbohydrates: 12 g
Total Fat: 4 g  Cholesterol: 0 mg
Saturated Fat: 0 g  Dietary Fiber: 2 g
Sodium: 165 mg  Protein: 1 g