

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 www.bmc.org



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