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Joan Lunden's Healthy Living

Joan's Recipes

Sweet Potato Oven Fries

What? A snack that sneaks vitamin A into your diet (three times your daily requirement) and only a trace of fat? Even kids who might not go for sweet potatoes will ask for these. I, personally, would eat a sweet potato no matter which way you cooked it.

Serves 4

INGREDIENTS

2 medium sweet potatoes
(about 1 1/4 to 1 1/2 pounds total), scrubbed
Nonstick vegetable oil spray
Salt to taste

Optional Seasonings:

Mix equal parts ground nutmeg and cinnamon
Mix 1/8 teaspoon each: paprika, garlic flakes, and
salt with a pinch of cayenne pepper



DIRECTIONS

Preheat the oven to 400°F.

Cut the potatoes crosswise, 1/4 inch thick. Spray a baking sheet with the nonstick vegetable oil spray and arrange the potatoes in one layer. Bake them in the preheated oven for 15 minutes, turn them over, and bake them for an additional 10 minutes or until just golden. Sprinkle them with salt or with one of the optional seasonings, if desired.

Nutritional Analysis per serving: 125 calories; 1% calories from fat; trace amount of fat; 65 milligrams of sodium

Source: Joan Lunden's Healthy Cooking by Joan Lunden and Laura Morton