

SWEET POTATO FRIES

INGREDIENTS

- 3 medium sweet potatoes
- 1 1/2 teaspoons paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon canola oil
- non-stick cooking spray



DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit
2. Scrub and rinse sweet potatoes. Pat dry with paper towel.
3. Cut sweet potatoes into 1/2 inch wide strips. Leave skin on.
4. In a large bowl, mix all spices. Add oil and stir until there are no lumps.
5. Add sweet potatoes to bowl and stir until all sides are coated.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in one layer on sheet.
7. Bake for fifteen minutes. Flip fries and bake for another ten to fifteen minutes or until tender.

TIPS

- Make sure fries are not laying on each other. They should be in a single layer for the crispiest fries.
- Use 1 1/2 teaspoons of curry powder and 3/4 teaspoons salt in place of the cayenne seasoning.



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaǵ'aŋ) Project.

For more diabetes-friendly recipes, visit
www.mbiri.com/projects/cookingforhealth.



The project was done in partnership with University of Washington, Missouri Breaks Research, and the Cheyenne River Sioux Tribe and was funded by NIH/NIMHD R01MD011596.

Nutrition Facts

Serving Size 8-10 fries

Servings Per Recipe 6

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Sugars 4g

Protein 1g

Vitamin A 250% • Vitamin C 4%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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