

SPICY SWEET POTATO FRIES

HIGH FIBER LOW SODIUM

INGREDIENTS

- 2 large sweet potatoes, cut into strips
- 2 tablespoons olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- Pinch of Cayenne

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Toss the fries with the olive oil and spices then lay them evenly on a baking sheet.
3. Roast for 25-30 minutes or until desired doneness, stirring halfway.

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4 SERVINGS



30 MIN