

sweet potato oven fries

Serves: 4 (1/2 potato)

Prep and Cook time: 50 min

Per serving: 91 calories, 4.6 g fat, 13 mg sodium

2 large sweet potatoes, peeled
2 TBS olive oil

1/2 tsp salt, or more to taste
1/2 tsp pepper, or more to taste

1 egg white

1. Preheat oven to 400° F.

2. Cut sweet potatoes into 1-inch thick strips about 3 inches long. In a large bowl, beat together olive oil and egg white. Add sweet potato strips and stir gently to coat.

3. Arrange strips in a single layer on a greased cookie sheet. Sprinkle with salt and pepper.

4. Bake 40 minutes, shaking the pan every 8 minutes to keep fries from sticking. Cool slightly before serving. The fries are done when you can stick a fork easily into the sweet potato. The fries won't be extremely crispy, but it is a tasty, healthy way to eat sweet potatoes.

Vary It! You can make oven fried using regular potatoes this same way. Scrub them well and you don't even need to peel them.

