



Sweet Potato Fries

Prep time: 10 minutes | **Cook time:** 30 minutes | **Number of servings:** 4

2 medium sweet potatoes
Vegetable oil cooking spray
 $\frac{1}{4}$ teaspoon salt, garlic salt,
onion salt, or seasoning salt

Food \$ense Tip

- Stock up on long-lasting vegetables, like sweet potatoes. Store them in a dry, cool, dark area. They are a sweet addition and add color to your plate.

Nutrition Facts (Serving size $\frac{1}{2}$ sweet potato): Calories—60; Protein—1g; Carbohydrate—13g; Total Fat—0.5g; Saturated Fat—0g; Fiber—2g; Sodium—95mg; Vitamin C—2%; Vitamin A—180%; Iron—2%; Calcium—2%

Adapted from Washington State University Extension Food \$ense

Directions

- Preheat oven to 400° F.
- Wash potatoes, pierce each one with a fork several times, and put them on a baking sheet. Bake in preheated oven for 25 to 30 minutes, or until just tender. Be careful not to over bake.
- Let the potatoes cool for about 10 minutes. Peel and cut into 2-inch by $\frac{1}{4}$ -inch sticks.
- Spray a medium skillet with vegetable oil cooking spray and place on medium heat. Add sweet potatoes to pan and cook until the outside is crispy. Turn frequently with a spatula.
- Sprinkle with seasoning of your choice (salt, garlic salt, onion salt).



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Cook Together! Making Sweet Potato Fries with Kids

This tasty recipe takes a high skill level. Parents may choose to complete the recipe without help from kids, or have those 11 years or older help. Plan for one half of a sweet potato per serving.

Easy Tasks: Gather ingredients and equipment.

Wash vegetables.

Place potatoes on baking sheet.

Intermediate Tasks: Sprinkle cooked potatoes with seasonings.

Difficult Tasks: Pierce potatoes with a fork.

Turn oven on and off; set temperature; set timer.

Peel and cut warm potato.

Spray skillet with cooking spray; place on medium heat.

Turn potatoes with spatula.

Remove hot pan from the oven.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Food Sense

Nutrition Education for Audiences with Limited Resources



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