



# Oven-Roasted Sweet Potato Wedges

Servings 6 | Prep time 15 mins. | Total time 45 mins.

## Equipment:

11x14-inch baking sheet  
Cutting board  
Large bowl

## Utensils:

Knife  
Spatula or fork  
Measuring cups and spoons

## Ingredients

Non-stick spray  
4 medium sweet potatoes  
2 tablespoons olive oil OR vegetable oil  
1/4 teaspoon salt (optional)  
1/4 teaspoon black pepper

### **Spicy option: add spices to oil before tossing with potatoes**

2 cloves garlic, minced OR 2 teaspoons garlic powder  
1 1/2 teaspoon onion powder  
1 teaspoon chili powder  
1 teaspoon paprika

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 400 degrees.
3. Spray an 11x14-inch baking sheet with non-stick spray.
4. Wash potatoes. Remove ends. Do not peel.
5. Cut each potato lengthwise into wedges of roughly equal size. Place into a large bowl.
6. Toss potato wedges with oil.
7. For the spicy option: add garlic powder, onion powder, chili powder, salt, and black pepper to oil before tossing to coat all sides.
8. Arrange wedges on pan in a single layer, without crowding.
9. Bake at 400 degrees for 15 minutes or until wedges begin to brown.
10. Remove from oven to turn each wedge. Return to oven for 15 minutes to brown.

## Nutritional Information:

Calories 120 Total Fat 4.5g Sodium 150mg Total Carbs 17g Protein 1g