



Oven-Roasted Sweet Potato Wedges

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

Equipment: Baking sheet, 11 x 14 inches, Cutting Board, Large bowl
Utensils: Knife, Spatula or fork

Ingredients

1 tablespoon oil OR cooking spray
4 medium sweet potatoes, washed (about 1 1/2 pounds)
2 tablespoons oil, vegetable or canola
1/4 teaspoon salt
1/4 teaspoon black pepper
Spicy option: add spices to oil before tossing with potatoes
1 1/2 teaspoon 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 the oven to 400 degrees.
3. Grease an 11 x 14 baking sheet with oil or 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 spicy option: add garlic powder, onion powder, chili powder, salt and pepper to the 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