

Side Dish

Spicy Baked Sweet Potato Fries

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Servings: 4

Preparation Time: 15 minutes

Bake Time: 20 minutes

1 pound (2 medium) sweet potatoes

1/2 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon chili powder

1/2 teaspoon paprika

1/4 teaspoon ground black pepper

Coarse sea salt or Kosher salt (optional)

ketchup (optional)

Preheat oven to 425 degrees.

Lightly coat a 15x10x1-inch baking pan with nonstick cooking spray. Set aside.

Scrub the potatoes and cut lengthwise into quarters. Cut each quarter lengthwise into four wedges. Arrange the potatoes in a single layer in the prepared pan. Coat lightly with cooking spray.

In a small bowl, combine the salt, cumin, chili powder, paprika and pepper. Sprinkle over the potatoes.

Bake for 20 minutes or until potatoes are tender, turning once.

If desired, sprinkle with sea salt and serve with ketchup.

Per Serving (excluding unknown items): 3 Calories; trace Fat (33.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.