

# Baked Sweet Potato Fries

**STUDENT  
HEALTH  
& WELLNESS**

## Ingredients

2 pounds sweet potatoes	1/8 teaspoon pepper
2 Tablespoons Olive Oil	1/8 teaspoon garlic powder
1/8 teaspoon salt	1/8 teaspoon paprika



## Directions

1. Preheat oven to 450°F
2. Line baking sheet with parchment paper
3. In shallow dish, combine oil and spices
4. If leaving skin on, scrub potatoes really well. If not, peel potatoes.
5. Cut sweet potatoes into 1/4 inch fries
6. Toss fries in olive oil to coat
7. Spread fries on prepared baking sheet
8. Bake for 30 minutes, turning occasionally or until fries are browned