



COOKING FOR WELLNESS

CANCER SUPPORT
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GIANT
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OVEN BAKED SWEET POTATO FRIES

INGREDIENTS

4 medium sweet potatoes
1 teaspoon paprika
¼ teaspoon salt
½ teaspoon ground black pepper
¼ garlic powder
1 tablespoon canola oil
Non-stick cooking spray

INSTRUCTIONS

1. Preheat oven to 425 degrees. Spray baking sheet with non-stick cooking spray.
2. Scrub potatoes and pat dry. Leaving skin on, cut sweet potatoes into thick strips, about 1/2 inch wide.
3. Place sweet potatoes and canola oil in a large bowl; toss lightly.
4. In a small bowl combine paprika, salt, pepper, and garlic powder. Sprinkle over potatoes and mix until coated on all sides.
5. Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd your baking sheet.
6. Bake 15 minutes, then turn fries and bake another 10-15 minutes until they are tender and golden brown. Cool 5 minutes before serving.