

June

Healthy Recipe of the Month

Baked Sweet Potato Fries

The summer months are rolling in, which means the weekend barbeques are a must! Here's a nutritious twist to a well-known dish that make any barbeque healthy and delicious!



1 small sweet potato, cut into 3-inch x 1-inch strips
1 teaspoon canola oil
Salt, pepper, and paprika to taste

Preheat oven to 450°F. Coat a baking sheet with cooking spray and set aside. In a medium bowl, toss sweet potato strips with oil and seasonings. Place strips on baking sheet and bake for 30 minutes, turning halfway through.

Nutritional Information (per serving)

Calories 96; Fat 4.7g; Protein 1.2g; Carb. 13g; Fiber 2g; Calcium 24mg; Iron 0mg; Vitamin A (RE) 1159mcg; Vitamin C 12mg; Folate 4mcg



This recipe is brought to you courtesy of WIC's *Lets Cook* recipe book. We will be highlighting healthy recipes each month.