Sweet Potato Fries

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

These seasoned sweet potatoes are the perfect nutritious snack or side dish to any meal.

About the Recipe

126 Calories · 2.5 g Protein · 4.5 g Fiber
Side Dish · Snack
Gluten-free · Nut-free

Sweet potatoes are packed with a powerful antioxidant called beta-carotene.

Ingredients

Makes 2 Servings

- 2 cups sweet potatoes, french-fry-size pieces
- to taste nonstick cooking spray
- 1/4 tsp (1.2 mL) iodized salt
- 3 cloves garlic, minced
- 1 tbsp (15 mL) parsley, diced
- 1/2 tsp (5 mL) cracked pepper
- 1 tsp (10 mL) fresh thyme
- 1/4 tsp (1.2 mL) smoked paprika
- 1 pinch ground cumin
- 1 pinch cayenne pepper
- 1 pinch allspice

Directions

1. Spray the sweet potato slices with nonstick cooking spray and then toss them in the salt, garlic, parsley, fresh thyme leaves pulled off the stem, and spices.
2. Bake the fries at 375 F (191 C) for 30 to 40 minutes, and then finish them under the broiler for 5 minutes.
3. Optional: Serve with maple syrup or dipping sauce of your choice.

Nutrition Facts

Per serving:
Calories: 126
Fat: 0.3 g
  Saturated Fat: 0.06 g
  Calories from Fat: 2.1%
Cholesterol: 0 mg
Protein: 2.5 g
Carbohydrate: 29.1 g
Sugar: 5.6 g
Fiber: 4.5 g
Sodium: 370 mg
Calcium: 58 mg
Iron: 1.2 mg
Vitamin C: 7.8 mg
Beta-Carotene: 11,543 mcg
Vitamin E: 0.5 mg