November 7- Baked Garlic Sweet Potato Fires
Smart Snack
Link: https://www.ag.ndsu.edu/food/recipes/vegetables/baked-garlic-sweet-potato-fries

**Recipe**  
**Ingredients:**
- 4 medium sweet potatoes, peeled and cut into ½-inch strips  
- 2 Tablespoons olive oil  
- Salt and ground black pepper, to taste  
- 5 cloves garlic  
- ½ cup shredded parmesan  
- 2 Tablespoons chopped parsley leaves

**Directions:**
1. Combine all ingredients in bowl; toss to coat mixture.  
2. Chill in fridge before serving.  
3. Preheat oven to 400°F. Lightly coat a baking sheet with nonstick cooking spray.  
4. Place potatoes in a single layer onto the prepared baking sheet. Add olive oil and gently toss to combine; season with salt and pepper, to taste. Bake for 35 to 40 minutes, or until golden and crisp. Flip fries halfway through cooking.  
5. Combine sweet potato with garlic and Parmesan.  

Yields 4 servings