



## 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.
6. Serve immediately.

Yields 4 servings

Nutrition Facts	
Serving Size 1 cup (152.4g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	13%
<i>Trans Fat</i>	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 4g	16%
Sugars 6g	
<b>Protein</b> 6g	12%
Vitamin A 370%	Vitamin C 10%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	