



Baked Sweet Potato Fries (GERD)

<u>U.S.</u>		<u>Metric</u>
1 pound	Sweet Potato, washed, peeled	455g
2 Tbsp	Olive Oil	30mL
1/2 tsp	Garlic Powder	1.5g
1/2 tsp	Paprika, regular or smoked	1.5g
To taste	Black Pepper, ground	To taste
1/4 tsp	Kosher Salt or Fine Sea Salt	1.5g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Slice sweet potatoes into long, thin sticks, about 1/4-inch wide. Try to keep all of the cuts around the same size to ensure that they cook evenly - if they're too big they will be undercooked, if they are too small they will burn.
4. In a large bowl, toss the sweet potatoes with the olive oil, garlic powder, paprika, and black pepper. Do not add the salt yet! It will draw out moisture from the potatoes and prevent them from getting crisp.
5. Line a baking sheet with parchment paper. Place the sweet potato fries onto the baking sheet, being careful that they are not touching each other. Use two baking sheets if needed.
6. Bake for 15 minutes. Then remove the pan from the oven and take the time to flip each fry with a spatula. Again, make sure they are not touching and place back in the oven. Bake for an additional 10-15 minutes, until the fries are crispy and beginning to brown on the tips.
7. Sprinkle the salt on the fries as soon as they come out of the oven. **Tip:** finely ground salt will stick better than coarse salt. If you only have coarse salt, try grinding it in a spice grinder or mortar and pestle, if available.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1/4 of recipe**

Amount per serving

Calories **130**

Total Fat	3.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	23 g
Dietary Fiber	4 g
Total Sugars	5 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	3 %
Iron	5 %
Potassium	400 mg
Phosphorus	55 mg
