



Baked Sweet Potato Fries (FODMAP-GERD)

<u>U.S.</u>		<u>Metric</u>
4 each	Sweet Potato, washed, peeled cut into 1/4" sticks	4 each
1 Tbsp	Olive Oil	15 mL
1/4 tsp	Salt, kosher	1.5 g
To taste	Black Pepper, ground	To taste
As needed	Pan Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Cut sweet potatoes into 1/2 inch sticks. Try to keep all of the cuts around the same size to assure that they cook evenly.
4. In a large bowl, toss the sweet potatoes with olive oil, salt and pepper.
5. Line a baking sheet with foil and grease with pan spray. Place the sweet potato fries onto the baking sheet, being careful that they are no overlapping one another.
6. Place the sweet potatoes into the oven for 20-25 minutes or until golden brown.
7. Serve and enjoy!

Nutrition Facts

Serving size	1 cup
Servings	8
Calories	90
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	390 mg
Carbohydrates	13 g
Dietary Fiber	2 g
Sugars	3 g
Protein	1 g
Vitamin A	180 %
Calcium	2 %
Vitamin C	2 %
Iron	2 %
Phosphorus	0 mg
