

CAJUN SWEET POTATO FRIES

Prep Time: 5 minutes Cook Time: 30 minutes Total Time: 35 minutes

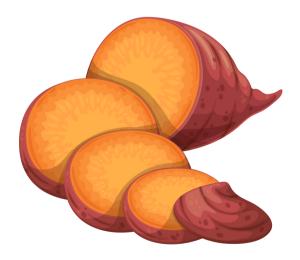
Yield: 6 servings



Nutrition Fac	ts
6 servings per container Serving size 1 serving (130g)
Amount per serving	
Calories 1	<u>60</u>
% Daily	Value*
TotalFat 5.0g	6%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 440mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 8g	
Protein 3g	
Vit. D 0mcg 0% Calcium 74 non 2mg 10% Potas. 630m	

<u>Ingredients</u>

- 4 large sweet potatoes
- 2 Tbsp. extra virgin olive oil
- 1 tsp. sea salt
- 1 Tbsp. garlic powder
- 1 Tbsp. smoked paprika
- 1 Tbsp. dried oregano
- 2 tsp. dried thyme
- 1/2 tsp. black pepper



Directions

- 1. Preheat the oven to 425 degrees F.
- 2. Cut sweet potatoes into thin, even match sticks (leaving the skin on).
- 3. Transfer to a large bowl, drizzle with olive oil, and add spices. Mix well until everything is evenly coated.
- 4. Arrange fries on baking sheets in a single layer to ensure crispness.
- 5. Bake for 15 minutes, flip/stir and bake for an additional 15 minutes until desired crispy level.
- 6. Air fryer instructions: Place cut up seasoned sweet potatoes into air fryer basket (making sure to spread out evenly). Bake at 380 degrees F for 12 minutes, flipping halfway through. Timing may depend on the type of air fryer you have.

^{*}If using this recipe as part of your meal plan - 1 serving is equivalent to 2 starch servings.