



CAJUN SWEET POTATO FRIES

Prep Time: 5 minutes
Cook Time: 30 minutes
Total Time: 35 minutes
Yield: 6 servings

Nutrition Facts	
6 servings per container	
Serving size	1 serving (130g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5.0g	6%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 8g	
Protein 3g	
Vit. D 0mcg 0%	Calcium 74mg 6%
Iron 2mg 10%	Potas. 630mg 15%

Ingredients

- 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.