



Chef Dave's Sweet Potato Fries (Baked)



About This Recipe

Serves: 4

Mess Rating: 1 (out of 5)

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Equipment

1 Cutting Board 2 Baking Trays

1 Large Bowl 2 Pot Holders

1 Knife* 1 Spatula

1 Large Spoon

Ingredients

3 Sweet potatoes, large

2 tablespoons olive oil

1/2 tablespoon salt

*Have your A.G. (Adult Guide) help you with this

Preparation:

Step 1: Preheat Oven

Have your A.G. (Adult Guide) preheat the oven to 425°F. Wash your hands with soap and water. Lay out your ingredients and equipment.

Step 2: Cut the Sweet Potatoes

Wash the sweet potatoes in water. Work with your A.G. (Adult Guide) to cut the sweet potatoes. First cut off the ends. Cut the potatoes lengthwise and then, in crosswise. Cut each piece into wedges. Try to cut them evenly so they all cook at the same rate.

Step 3: Coat the Potatoes

Put the sweet potatoes pieces into the large bowl. Add in the oil. Sprinkle in the salt. Mix well with the spoon. Use your hands too so all pieces get coated!

Step 4: Prepare the Potatoes for Baking

Add some oil to the baking sheet, then spread the sweet potatoes out on it in a single layer. The oil that the potatoes are coated with should also keep them from sticking to the pan.

Cooking Steps:

Step 5: Bake the Fries

Once the oven is preheated to 425F degrees, have your A.G. (Adult Guide) put the tray in the oven. Bake for 20 minutes, then have your A.G. remove the baking sheet from the oven and, using a spatula, turn over all of the sweet potato pieces. Return to the oven and bake for another 20 minutes, or until they are tender and lightly browned. Your A.G. should remove from the oven using pot holders.

Step 6: How to Serve

Let cool for 5 minutes before serving. Serve as a side dish, about the size of a deck of cards. which is about four ounces of potato.

Step 7: Alternatives and Substitutions

In this recipe the potato skins are left on. If you prefer you can work with you're a. G. (Adult Guide) to peel the skin before you cut the potatoes. However, leaving the skin on greatly increases the amount of Vitamin A in it and is healthier for you. If you want to reduce the amount of fat, you can use a non-stick spray on the baking sheet instead of additional olive oil.

Nutrition Information:

Calories: 181 kCal

Saturated Fat: 1 gram

Protein: 3 grams

Sugars: 9 grams

Fat: 7 grams

Sodium: 343 mg