

# Healthy Children, Healthy Family

## Sweet Potato Fries

**Makes:** 8 servings of ½ cup each

**Preparation time:** 40 minutes

**Ingredients:**

- 2 lbs sweet potatoes, peeled
- 2 Tbsp olive oil
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp garlic powder
- 1/8 tsp paprika
- 1/8 tsp chili powder
- Juice from ½ lemon

**Instructions:**

- 1) Heat oven to 350°F.
- 2) Cut sweet potatoes in strips.



- 3) Put in a baking pan. Add the oil, spices, and juice to the sweet potatoes. Mix well.



- 4) Bake for 20 minutes. Turn up oven to 450 °F. Bake 5-10 minutes more until the sweet potatoes brown a little. Stir occasionally.



### Nutrition Facts

Serving Size (43g)  
Servings Per Container

Amount Per Serving

**Calories 50**      Calories from Fat 10

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 30mg**      **1%**

**Total Carbohydrate 9g**      **3%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 1g**

Vitamin A 160%      • Vitamin C 15%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

---

---