



BAKED SWEET POTATO FRIES

July 14

National French Fry Day

INGREDIENTS

- 2 Large Sweet Potatoes (cut into thin strips)
- 2 Tablespoons Canola Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Kosher Salt

DIRECTIONS

1. Preheat oven to 425°. Combine all ingredients; toss to coat.
2. Spread fries in a single layer on 2 baking sheets.
3. Bake until crisp, 35-40 minutes. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup