

Cajun Baked Sweet Potato Fries

Ingredients:

- 2 large sweet potatoes, cleaned
- 1/2 teaspoon sea salt
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper

Directions:

1. Preheat oven to 425°F.
2. Leave the skin on and with a very sharp knife cut sweet potatoes into thin, even matched sticks. Transfer to two baking sheets and drizzle with olive oil, then sprinkle with seasoning and toss. Transfer fries to large 1 large or 2 small baking sheets and arrange in a single layer to ensure they crisp up.
3. Bake for 15 minutes and flip to cook on all sides. Bake for 10–15 minutes more, or until brown and crispy. You'll know they are done when the edges are dark brown crispy .
4. Remove from oven and serve.

Nutrition Facts

Serving Size 1/2 cup (76g)
Servings Per Container 4

Amount Per Serving

Calories 130 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 1g

Vitamin A 190% • Vitamin C 4%

Calcium 4% • Iron 25%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

For more information, please contact:

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