

# Sweet Potato Fries

<b>Nutrition Facts:</b>	
Yield	2
Calories	122
Fat	323 g
Sodium	5 mg

<b>Code</b>
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<b>Ingredients Needed:</b>
1 large sweet potato, peeled and cut in wedges
2 tsp. canola oil
¼ tsp. salt
Pinch of cayenne pepper

## **Recipe Directions:**

- Preheat oven to 450 degrees.
- Toss sweet potato wedges with oil, salt, and pepper.
- Spread the wedges out on a rimmed baking sheet.
- Bake until browned and tender, turning once, about 20 minutes total.