- onion salt).
- 5. Sprinkle with seasoning of your choice (salt, garlic salt, with a spatula.
- and cook until the outside is crispy. Turn frequently and place on medium heat. Add sweet potatoes to pan
- 4. Spray a medium skillet with vegetable oil cooking spray into 2-inch by 1/4-inch sticks.
- 3. Let the potatoes cool for about 10 minutes. Peel and cut

tender. Be careful not to over bake. in preheated oven for 25 to 30 minutes, or until just several times, and put them on a baking sheet. Bake

each one with a fork 2. Wash potatoes, pierce

- Preheat oven to 400° F.

Directions

onion salt, or seasoning salt 1/4 teaspoon salt, garlic salt, Vegetable oil cooking spray 2 medium sweet potatoes

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 4

Sweet Potato Fries

Extension Food \$ense

Adapted from Washington State University

Vitamin C-2%; Vitamin A-180%; Saturated Fat-0g; Fiber-2g; Sodium-95mg;

Carbohydrate-13g; Total Fat-0.5g;

potato): Calories-60; Protein-1g; Nutrition Facts (Serving size 1/2 sweet

and add color to your plate. area. They are a sweet addition

Store them in a dry, cool, dark

vegetables, like sweet potatoes. • Stock up on long-lasting

Iron-2%; Calcium-2%

Food Sense Tip



KID-TESTED FRUITS & VECCIES





Sweet Potato Fries

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 4

2 medium sweet potatoes Vegetable oil cooking spray

1/4 teaspoon salt, garlic salt, onion salt, or seasoning salt

Food \$ense Tip

• Stock up on long-lasting vegetables, like sweet potatoes. Store them in a dry, cool, dark area. They are a sweet addition and add color to your plate.

Nutrition Facts (Serving size ½ sweet potato): Calories-60; Protein-1g; Carbohydrate-13g; Total Fat-0.5g; Saturated Fat-Og; Fiber-2g; Sodium-95mg; Vitamin C-2%; Vitamin A-180%; Iron-2%; Calcium-2%

Adapted from Washington State University Extension Food \$ense

Directions

- 1. Preheat oven to 400° F.
- 2. Wash potatoes, pierce each one with a fork
 - several times, and put them on a baking sheet. Bake in preheated oven for 25 to 30 minutes, or until just tender. Be careful not to over bake.
- 3. Let the potatoes cool for about 10 minutes. Peel and cut into 2-inch by ¼-inch sticks.
- 4. Spray a medium skillet with vegetable oil cooking spray and place on medium heat. Add sweet potatoes to pan and cook until the outside is crispy. Turn frequently with a spatula.
- 5. Sprinkle with seasoning of your choice (salt, garlic salt, onion salt).





USDA and Washington State University are equal opportunity providers and employers.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutritions Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

Remove hot pan from the oven.

Turn potatoes with spatula.

Spray skillet with cooking spray; place on medium heat.

Peel and cut warm potato.

Turn oven on and off; set temperature; set timer.

Difficult Tasks: Pierce potatoes with a fork.

Intermediate Tasks: Sprinkle cooked potatoes with seasonings.

Place potatoes on baking sheet.

Wash vegetables.

Easy Tasks: Gather ingredients and equipment.

This tasty recipe takes a high skill level. Parents may choose to complete the recipe without help from kids, or have those 11 years or older help. Plan for one half of a sweet potato per serving.

Cook Together! Making Sweet Potato Fries with Kids



KID-TESTED FRUITS & VECCIES

KID-TESTED FRUITS & VEGGIES



Cook Together! Making Sweet Potato Fries with Kids

This tasty recipe takes a high skill level. Parents may choose to complete the recipe without help from kids, or have those 11 years or older help. Plan for one half of a sweet potato per serving.

Easy Tasks: Gather ingredients and equipment.

Wash vegetables.

Place potatoes on baking sheet.

Intermediate Tasks: Sprinkle cooked potatoes with seasonings.

Difficult Tasks: Pierce potatoes with a fork.

Turn oven on and off; set temperature; set timer.

Peel and cut warm potato.

Spray skillet with cooking spray; place on medium heat.

Turn potatoes with spatula. Remove hot pan from the oven.

