

Sweet Potato Fries

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

- 2 medium sweet potatoes
Vegetable oil cooking spray
¼ teaspoon salt, garlic salt,
onion salt, or seasoning salt

Food Sense 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–0g; Fiber–2g; Sodium–95mg; Vitamin C–2%; Vitamin A–180%; Iron–2%; Calcium–2%

*Adapted from Washington State University
Extension Food Sense*

Directions

- Preheat oven to 400° F.
- 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.
- Let the potatoes cool for about 10 minutes. Peel and cut into 2-inch by ¼-inch sticks.
- 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.
- Sprinkle with seasoning of your choice (salt, garlic salt, onion salt).



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- Easy Tasks:** Gather ingredients and equipment.
Wash vegetables.
Place potatoes on baking sheet.
- Intermediate Tasks:** Sprinkle cooked potatoes with seasonings.
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.
- Difficult Tasks:**
- 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 & VEGGIES

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