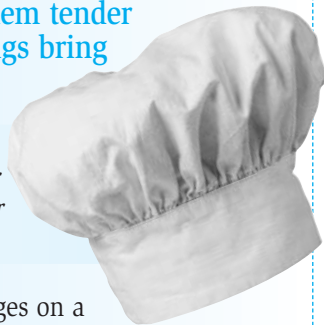


# Spicy SWEET POTATO Fries

Cooking these potatoes on high heat makes them tender inside and crispy on the outside. The seasonings bring out their special flavor – no need to add salt.



- |   |  |     |                         |
|---|--|-----|-------------------------|
| 3 | medium-large <i>sweet potatoes</i>     | 1/4 | tsp <i>cinnamon</i>     |
| 1 | tbsp <i>olive</i> or <i>canola oil</i> | 1/2 | tsp <i>chili powder</i> |
| 1 | tbsp <i>red wine vinegar</i>           | 1/8 | tsp <i>black pepper</i> |
| 2 | tsp <i>sugar</i>                       |     |                         |

- 1 Preheat oven to 475°F.
- 2 Peel and cut potatoes length-wise into wedges 1-2 inches wide.
- 3 Blend remaining ingredients and pour over potatoes, tossing well to coat.
- 4 Place wedges on a baking sheet in a single layer.
- 5 Bake 10 minutes; turn wedges over and bake another 10 minutes or until potatoes are fork-tender and starting to brown.

MAKES 4 SERVINGS (3-4 wedges per serving).

Per serving:	162 calories	2g protein	3.5g fat	30.5g carbs	2g fiber	15mg sodium
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