

# powerUP

## Rusty French Fries (Sweet Potato Fries)

### INGREDIENTS

4 large sweet potatoes,  
peeled  
1-2 tsp. olive oil  
Salt

1 tsp. powdered garlic  
1/2 tsp. ground cinnamon  
1/2 tsp. cumin or chili  
powder

### DIRECTIONS

Preheat oven to 450°F.

Wash and peel sweet potatoes. Slice diagonally into thick, even wedges. Lightly coat with olive oil.

Combine spices and sprinkle over sweet potatoes. Transfer potatoes to the baking sheet, spreading them out in a single layer. Bake until tender and golden brown, usually about 25 minutes.

Let cool before serving as a delicious snack or side to any family meal!

### PowerUp your meal!

Spiced, oven-roasted sweet potatoes are loaded with nutrients and fiber that put regular “fries” to shame. They make a great side dish to a turkey burger or whole wheat wrap!

Serves: 8

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## KIDS IN THE KITCHEN

While the knife-work should be left to adults, kids can help make this treat by:

- Washing, peeling and drying the potatoes.
- Pouring the olive oil over the potatoes.
- Arranging potatoes on baking sheet and sprinkling with spices.



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