

Louisiana HARVEST of the MONTH

Hot Roasted Sweet Potato Wedges

Home Recipe

Serves: 6

Prep Time: 10 minutes

Cook Time: 20 Minutes

Ingredients

- 3 medium sweet potatoes (about 1 lb total)
- 2 Tbsp butter or olive oil (or a mixture of both)
- 1/4 tsp salt
- 1/4 tsp black pepper, ground
- 1/4 tsp cayenne pepper, dried, ground

Nutrients Per 1/2 Cup Serving

• Calories	80
• Total Fat	4.5 g
• Saturated Fat	0.5 g
• Cholesterol	0 mg
• Sodium	115 mg
• Carbohydrates	10 g
• Dietary Fiber	2 g
• Protein	1 g
• Calcium	18 mg
• Iron	0 mg
• Potassium	221 mg
• Vitamin A	444 mcg
• Vitamin C	9 mg

Cooking Instructions

- 1) Preheat oven to 400° F.
- 2) Cut potatoes lengthwise into 3/4-inch-thick wedges.
- 3) In a large shallow baking pan heat butter or oil in oven 2 minutes. Add potatoes, tossing to coat. Sprinkle salt and pepper to taste.
- 4) Roast potatoes in middle of oven, gently tossing with a metal spatula halfway through roasting time, 20 minutes total, or until tender. Heat before serving. Serve with tongs or large spoon.



For More Information

louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

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