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 ½ 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

This Institution is an equal opportunity provider.