

# Sweet Potato Fries

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

These seasoned sweet potatoes are the perfect nutritious snack or side dish to any meal.

## About the Recipe

**126 Calories · 2.5 g Protein · 4.5 g Fiber**

**Side Dish · Snack**

**Gluten-free · Nut-free**

Sweet potatoes are packed with a powerful antioxidant called beta-carotene.

## Ingredients

### *Makes 2 Servings*

- 2 cups sweet potatoes, french-fry-size pieces
- to taste nonstick cooking spray
- 1/4 tsp (1.2 mL) iodized salt
- 3 cloves garlic, minced
- 1 tbsp (15 mL) parsley, diced
- 1/2 tsp (5 mL) cracked pepper
- 1 tsp (10 mL) fresh thyme
- 1/4 tsp (1.2 mL) smoked paprika
- 1 pinch ground cumin
- 1 pinch cayenne pepper
- 1 pinch allspice

## Directions

1. Spray the sweet potato slices with nonstick cooking spray and then toss them in the salt, garlic, parsley, fresh thyme leaves pulled off the stem, and spices.
2. Bake the fries at 375 F (191 C) for 30 to 40 minutes, and then finish them under the broiler for 5 minutes.
3. Optional: Serve with maple syrup or dipping sauce&nbsp;of your choice.

## Nutrition Facts

*Per serving:*

**Calories:** 126

**Fat:** 0.3 g

**Saturated Fat:** 0.06 g

**Calories from Fat:** 2.1%

**Cholesterol:** 0 mg

**Protein:** 2.5 g

**Carbohydrate:** 29.1 g

**Sugar:** 5.6 g

**Fiber:** 4.5 g

**Sodium:** 370 mg

**Calcium:** 58 mg

**Iron:** 1.2 mg

**Vitamin C:** 7.8 mg

**Beta-Carotene:** 11,543 mcg

**Vitamin E:** 0.5 mg