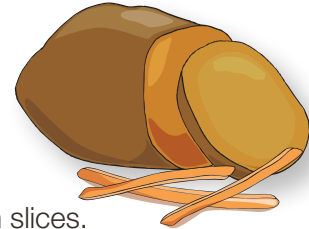




sweet potato fries

A delicious finger food that child can dip in ketchup or low fat Ranch dressing.

- 4 medium sweet potatoes
- 1 tablespoon canola or olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper



- Step 1** Peel the sweet potatoes and cut into ½ inch slices.
- Step 2** Place the sweet potatoes, oil, salt and pepper in a large plastic bag. Shake well until potatoes are evenly coated.
- Step 3** Spray a baking sheet with a nonstick cooking spray. Arrange potato slices on baking sheet in a single layer.
- Step 4** Bake potatoes in a 450° oven for 12 to 15 minutes, or until golden brown. Turn the potatoes 2 times while cooking.

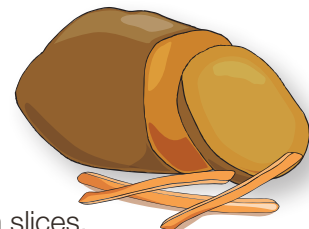
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