



Sweet Potato Fries

A delightful surprise for kids who love fries!



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- ¼ cup egg substitute
- 1 teaspoon nutmeg

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray and set aside.
3. Slice the sweet potato into ½-inch thick fries and place in a medium bowl.
4. Pour egg substitute over the sweet potato fries and sprinkle nutmeg on top; toss until well coated.
5. Place the sweet potato fries on the baking sheet so that they do not touch.
6. Bake until the edges of the potatoes start to turn crispy and brown, about 25 minutes.
7. Remove fries from the oven and serve while hot.



Makes 2 servings. *½ potato per serving.*
Prep time: 10 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 109, Carbohydrate 20 g,
Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 90 mg