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30

SIDE DISHES

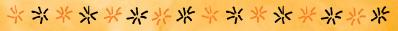
Makes 2 servings. ½ potato per serving. Prep time: 10 minutes Cook time: 25 minutes

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

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Sweet Potato Fries

A delightful surprise for kids who love fries!



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- 1/4 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 1/2-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.