

Sweet Potato Fries

Ingredients

1 large sweet potato, peeled and cut into wedges*

2 teaspoons canola/ vegetable oil

¼ teaspoon salt

Pinch of cayenne pepper

* may need to count as exchanges

Method

1. Preheat oven to 200°C/450°F.
2. Toss sweet potato wedges in oil, salt and pepper.
3. Spread the wedges out on a rimmed baking sheet.
4. Bake until browned and tender turning once.
5. Cooking time is 20 minutes.