

“Sweet” Potato Fries

Prep time	Cook time	Serves	Serving size
15 min	35 min	6	10-12 Fries

- Cooking spray
- 2 large sweet potatoes (about 2 pounds total), peeled and cut into 1/2-inch wedges
- 2 Tbsps. olive oil
- 1 tsp. cinnamon
- ¼ cup Splenda® Brown Sugar Blend

Preheat oven to 400° degrees. Spray a baking sheet with cooking spray. Place potatoes in a bowl and add oil; toss to coat. Add remaining ingredients and mix well. Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.



Calories*	Total Fat	Total Fiber	Protein	Carbohydrates	Sodium
160	4.5g	3g	2g	28g	35mg

* Percent Daily Values are based on a 2,000 calorie diet.