

Sweet Potato Wedges



Ingredients:

- 6 medium sweet potatoes, peeled and cut into wedges
- Cooking spray
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

1. Preheat oven to 500 F.
2. Place potatoes in a large bowl and spray with cooking spray.
3. Combine spices and sprinkle over potatoes.
4. Stir to evenly coat.
5. Arrange the wedges on a cookie sheet, in a single layer.
6. Bake for 10 minutes. Turn wedges and bake an additional 10 minutes.

Makes 6 servings.



Tarrant County Public Health
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