



bariatric care

Ingredients

- ☐ 1 large raw sweet potato
- ☐ 1/2 teaspoon coarse sea salt
- ☐ 1/4 teaspoon black pepper
- ☐ 1/4 teaspoon paprika
- ☐ 1 tsp onion powder
- ☐ 2 teaspoons olive oil
- ☐ Parchment paper
- ☐ Cooking sheet

SWEET POTATO FRIES

1. Preheat the oven to 400 degrees.
2. Slice up your sweet potato into finger-sized fries. They don't have to be perfect, but try to keep the size fairly consistent.
3. Place the potato slices in a mixing bowl, along with the oil, salt, pepper and paprika.
4. Toss to coat.
5. Line a baking sheet with parchment paper.
6. Arrange the potatoes on the baking sheet, and bake for about 35 minutes.
7. Serve immediately.

Chef's Notes
