

# Sweet Potato

## **SWEET POTATO OVEN FRIES**

Makes approximately 4 servings

### **INGREDIENTS**

- 2 cups sliced or julienned sweet potato
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- ¼ teaspoon garlic powder

### **SUPPLIES**

- baking pan
- measuring spoons
- measuring cups
- mixing bowl
- cutting board
- knife



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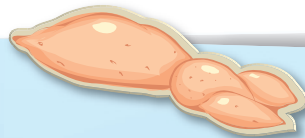
## **NOTE TO GROWN-UPS**

This recipe offers a great way to experience the flavor of sweet potatoes. You can peel and cut the sweet potatoes and your child can add and toss the sweet potato slices with the oil and seasonings.

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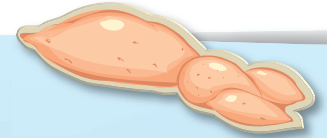
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## **DIRECTIONS**



1. Invite your child to wash their hands and join you for a cooking activity.
2. Preheat oven to 450°.
3. Wash and peel the sweet potatoes.
4. Cut into julienne slices or slice thinly into rounds. You'll need 2 cups of slices for the recipe.
5. Add 1 tablespoon of vegetable oil to sweet potato slices in the bowl.
6. Sprinkle the salt and garlic powder over the sweet potatoes.
7. Toss the sweet potato slices until evenly coated with oil and spices.
8. Turn onto a baking sheet and spread out evenly in a single layer.
9. Bake at 450° for 20 minutes or until lightly browned and tender. Turn the potato slices over half way through baking.
10. Let cool slightly and enjoy as part of a meal or as a snack!

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