

Oven-Fried Sweet Potatoes



Howard L. Puckett

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The sweet potato keeps its [superfood](#) status in this healthy recipe for oven fries. A sprinkling of grated orange peel adds a zesty note.

Yield:

7 servings (serving size: 1/2 cup)

Ingredients

4 medium sweet potatoes, peeled and cut into 1/4-inch slices (680gm)

1 tablespoon olive oil

1/4 teaspoon salt

1/4 teaspoon pepper

Vegetable cooking spray

1 tablespoon finely chopped fresh parsley

1 teaspoon grated orange rind

1 small garlic clove, minced

Preparation

Combine the first 4 ingredients in a large bowl; toss gently to coat. Arrange sweet potato slices in a single layer on a large baking sheet coated with cooking spray. Bake at 210°C for 30 minutes or until tender, turning the potato slices after 15 minutes.

Combine parsley, orange rind, and garlic in a small bowl; stir well. Sprinkle parsley mixture over sweet potato slices.