



Baked Sweet Potato Wedges

Ingredients

2 medium sweet potatoes

2 tsp. sea salt

1 tbsp. of olive oil

Directions

1. Preheat oven to 400 degrees.
2. If preferred, skin potatoes.
3. Cut into French-fry style wedges.
4. Place in a big bowl add sea salt and olive oil.
5. Toss potatoes to coat well.
6. Bake for 12 minutes on each side.
7. Set oven to Broil, cook for 3-4 minutes until golden on top.
8. Serve warm.

Nutrition (serving is 1/4 recipe)

Calories: 86

Fat: 3.5g

Carbs: 13g

Protein: 1g