

5 A Day Week 2001 Recipes

5 A Day with 5 Kids A Day

Asian Sweet Potato Fries

Serves 4

Special seasoning gives these fries a tongue-tingling kids will love.

- 2 medium-sized sweet potatoes, peeled vegetable oil cooking spray (no more than ½ tsp.)
- 1 Tbsp. favorite seasoning (Cinnamon or Chinese five-spice powder*)
- ½ tsp. granulated sugar
- ¾ cup optional dipping sauce (ketchup or plum sauce*)

With a sharp knife, cut sweet potatoes into strips three to four inches long and ¼-inch thick. Line a baking sheet with aluminum foil or parchment paper, and spread fries on it in one layer. Spray them lightly with cooking spray.

In a small bowl, stir together seasoning and sugar. Sprinkle this mixture on the fries, tossing gently. Bake at 350 degrees F. for 45-55 minutes, until fries are soft. Serve with ketchup or plum sauce for dipping, if desired.

Nutritional Analysis Per Serving (including sauce):

130 calories
32 grams carbohydrate
1 gram protein
0.5 grams fat
0 grams saturated fat
0 milligrams cholesterol
21 milligrams sodium
2 grams fiber
3% calories from fat
1 "5 A Day" serving

*Available in the Asian section of most supermarkets.