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Workplace & Organization Wellness

Spicy Sweet Potato Wedges

Ingredients:

- 1 lb sweet potatoes, cut into half-inch wedges
- 2 tbsp sunflower oil
- ½ tsp paprika
- ¼ tsp garlic powder
- ½ tsp black pepper

Method:

1. Preheat oven to 450°F/230°C. Line a baking sheet with parchment paper.
2. Place sweet potatoes in a large bowl and coat with oil.
3. Sprinkle with paprika, garlic powder and black pepper.
4. Spread potatoes in a single layer on prepared baking sheet, being sure not to overcrowd.
5. Bake until potatoes are tender and golden brown (about 40 minutes). Turn occasionally. Serve hot.

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