SWEET POTATO WEDGES

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INGREDIENTS

- 1 lb. sweet potato, peeled
- 1.5 tbsp vegetable oil
- ½ tsp paprika
- 1 tsp garlic powder
- 1/8 tsp black pepper

Nutrition Information

Serving Size: 2.5 oz (4 wedges)

Calories: 90; Total Fat: 3.5g;
Saturated Fat: 0.3g; Cholesterol: 0mg;
Sodium: 20mg; Carbohydrate: 15g;
Fiber: 2g; Sugar: 3g; Protein: 1.2g.

Recipe yields 6 servings in total.
The average adult may have 2 servings per meal or 8 wedges.
NB: Individual needs may be higher or lower.

METHOD

1. Cut the peeled sweet potato into ½-inch wedges.
2. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper, and set aside.
3. Place wedges into a large bowl. Add vegetable oil and toss until the wedges are evenly coated.
4. Combine paprika, garlic powder and black pepper. Sprinkle this seasoning mixture on the wedges and toss until all sides are evenly coated.
5. Spread the potato wedges in a single layer on the prepared baking sheet. Do not overcrowd the baking sheet.
6. Bake for 20-30 minutes, turning halfway through until tender and golden brown.

Air Fryer Instructions:

7. Prepare the sweet potato wedges as directed above.
8. Preheat air fryer to 375 0 F (190 0 C,). Arrange the wedges in a single layer in the basket, do not overcrowd; work in batches if necessary. Air fry for 12 – 15 minutes, shaking the basket or turning halfway through until golden and crisp around the edges.