

Sweet Potatoes Baked Fries – Vegan

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes

Serving Size: 4
Calories per serving: 144
Fat per serving: 2 grams

Ingredients

- 2 medium sweet potatoes
- 1 tablespoon rosemary
- 1 tablespoon oregano
- 2 teaspoon olive oil
- Sea salt, to taste
- Black pepper, to taste
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Instructions

1. Preheat oven to 425° F.
2. Slice the potatoes into strips, in desired thickness and length.
3. In a large bowl mix the rosemary, oregano, garlic, and olive oil. Toss the sliced potatoes and until they are all coated.
4. Spread sweet potatoes in a single layer, on prepared baking sheet, and bake for 15 minutes.
5. After 15 minutes, flip over using a fork or spatula, and bake for another 10 minutes.
6. Sprinkle salt and pepper to taste, let cool for 5 minutes before serving.

Notes

Nutrition facts (per serving): Calories: 144, from fat: 20, total fat: 2g, cholesterol: 0mg, sodium: 80mg, total carbohydrate: 32g, fiber: 4g, sugar: 7g, protein: 2g.