

# RECIPE

## Baked Sweet Potato Wedges

Start to Finish: 40 minutes Servings: 4

### Ingredients:

Cooking spray  
4 sweet potatoes, scrubbed, eyes removed and cut lengthwise into 3/4-inch wedges  
1 teaspoon paprika  
1 tablespoon brown sugar  
1 teaspoon garlic salt  
1 teaspoon cinnamon  
Dash of cayenne pepper (optional)

### Directions:

1. Preheat oven to 400 F.
2. Lightly spray nonstick baking dish or cast-iron skillet with cooking spray. Spray potato wedges with cooking spray and toss together with all spices in a bowl.
3. Place potatoes in a single layer in the baking dish or skillet. Bake for 20 minutes. Turn over and bake an additional 20 minutes.



### Nutrition Information Per Serving:

119.3 Calories; 0 g Total Fat; 0 g Saturated Fat; 0 mg Cholesterol; 4.5 g Fiber; 282.3 mg Sodium; 10.4 g Sugars; 28.1 g Carbohydrates; 2 g Protein

*This information is courtesy of the American Cancer Society, an independent company that offers health education information on behalf of your health plan.*