

# Sweet Potato Fries



Recipe makes: 2 servings  
Prep time: 10 minutes  
Cook time: 35–45 minutes

## Ingredients

- 1 medium-sized (119 g) sweet potato
- 2 Tbsp. olive oil
- 1 packed Tbsp. (14 g) brown sugar

## Directions

- 1 Pre-heat oven to 400° F.
- 2 Cut sweet potato into ¼-inch-thick matchsticks.
- 3 In a large bowl mix olive oil and brown sugar together.
- 4 Add potatoes to mixture and coat.
- 5 Place potatoes in a single layer on a greased baking sheet.
- 6 Cook in preheated oven for 35–45 minutes, until golden and crispy.

### Nutrition Info Per Serving (1/2 recipe):

Calories: 196 | Protein: 1 g | Phenylalanine: 53 mg

Always consult your healthcare professional before making any changes to your diet.

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