

---

## Baked Sweet Potato “Fries”

*If the only way you're used to eating sweet potatoes is in a Thanksgiving casserole, you're missing out on a very nutritious vegetable. Packed with beta carotene, sweet potatoes have a great flavor that can accompany a variety of dishes.*

### *Ingredients*

- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon olive oil
- 2 large sweet potatoes

### *Directions*

1. In a small bowl, combine the cumin, salt, and pepper. Set the bowl aside.
2. Preheat the oven to 400° F.
3. Peel the potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the cut potatoes, oil, and spice mixture. Toss until the potatoes are evenly coated.
4. On a baking sheet, arrange the potatoes in a single layer and place them on the middle shelf of the oven. Bake until the edges are crisp and the potatoes are cooked through, about 30 minutes. Serve immediately.