

Low-Fat Sweet Potato Fries

Ingredients:

1 lb sweet potatoes, peeled

1 tablespoon extra virgin olive oil

1 teaspoon cajun seasoning (or to taste)

salt (to taste)



Preparation 1. Preheat the oven to 375 degrees F. 2. Quarter the potatoes and cut into 1/4 inch thick strips. 3. Spread the potatoes on a lightly oiled baking sheet, sprinkle with olive oil and cajun seasoning and toss to coat. 4. Bake in the lower third of the oven for about 30 minutes, stirring occasionally. 5. Season with salt to taste and serve hot.

4 Servings @ 2 points, 4 points plus

Nutritional information per serving: 127 calories, 3.4g fat, 3.4g fiber