

SWEET POTATO WEDGES WITH ROSEMARY

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SweetPotatoWedges.aspx>

Ingredients

- 2 lbs. sweet potatoes
- 1-2 tsp. vegetable oil
- Sprinkle of lemon juice and rosemary

Instructions

1. Wash and cut sweet potatoes into sticks or wedges.
2. Place potatoes in a bowl and toss with oil, then spread out onto a baking sheet and sprinkle with rosemary.
3. Bake about 30 minutes at 375 degrees, or until browned and tender. You may want to turn potatoes over half way through baking time.
4. Sprinkle with lemon juice, if desired.

Makes 6 servings [Serving Size: 1/6 of recipe (153 g)]

Nutritional information per serving (6 servings)

Calories	172	Dietary Fiber	5 g
Calories from fat	18	Sugars	0 g
Total Fat	2g	Protein	2 g
Saturated Fat	0 g	Vitamin A	605%
Cholesterol	0 mg	Calcium	4%
Sodium	20 mg	Iron	4%
Total Carbohydrates	37 g	Vitamin C	55%

Percent daily values based on a 2000 calorie diet.

