



Healthy Dad Recipes

GRILLED SWEET POTATO FRIES

Yield: 4 servings

Ingredients:

2	sweet potatoes scrubbed and dried well!
2 tsp	olive oil
½ tsp	paprika (or other favourite seasoning)
¼ tsp	black pepper
¼ tsp	salt



- Preheat grill to medium-high.
- Cook sweet potatoes in microwave on high until crisp-tender when pierced with a knife (6 – 7 minutes). Cool on cutting board for about 15 minutes.
- Cut each sweet potato lengthwise in 8 wedges. Transfer to a cooking sheet (or a large plate) and drizzle with the olive oil, paprika (seasoning) and pepper. Toss to coat.
- Grill wedges about 3 minutes per side until they are fully cooked and slightly charred.
- Season with salt.

Nutritional Facts:

1 serving: 125 calories, 7.1 g fat (0.9 g saturated), 0 mg cholesterol, 470 g sodium, 14.7 g carbohydrate, 2.6 g fiber, 1.4 g protein