



# Baked Sweet Potato “Fries”

## Family Recipe

Serves 6

### Ingredients:

- 3 medium to large sweet potatoes, scrubbed clean
- 2 tablespoons vegetable oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon Kosher salt

### Directions:

1. Preheat oven to 425°.
2. Cut each sweet potato in half across lengthwise, then into ¼'s. The slice each quarter into 4 to 6 wedges.
3. Line 2 cookie sheets with parchment paper.
4. Mix the oil, chili, cumin, and salt in a very large bowl. Add the potato wedges and toss to coat with the oil mixture.
5. Spread the wedges in a single layer on the cookie sheets.
6. Roast the sweet potatoes in the oven for 30 to 45 minutes, until they are tender and deep brown around the edges. Flip the wedges once if they are not browning evenly.

**For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.**

For more information, email [dolcott@challiance.org](mailto:dolcott@challiance.org).

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

**Do 5-2-1 Every Day!**

**5 servings of fruits & vegetables**

**2 hours or less of TV/screen time**

**1 hour of physical activity**