

3. Sweet-Potato Fries

Prep Time: 5 min | **Cook Time:** 25 min | **Total Time:** 30 min | **Servings:** 2

Ingredients:

- 1 medium sweet potato
- 1 tsp olive oil
- Pinch of salt

Instructions:

1. Preheat oven to 425°F (220°C).
2. Cut sweet potato into thin fries.
3. Toss with olive oil and salt.
4. Spread on a baking sheet; bake 20–25 minutes, flipping halfway.

Nutrition (per small serving):

- Calories: 90
- Fiber: 3 g
- Vitamin A: 150% daily need
- Fat: 1.5 g

Health Benefits:

- Beta-carotene supports vision and immunity.
- Baking keeps fat content low.

Pro Tips:

- Serve with a mild dipping sauce to encourage trying new flavors.
- Cut fries thinner for younger children.