

Maple-Glazed Sweet Potato Oven Fries

Serves 2

Ingredients:

- 1 large sweet potato, peeled and cut into ½-inch thick wedges
- 2 teaspoons olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup sugar-free maple syrup
- Pinch ground cinnamon
- ¼ teaspoon vanilla extract



Directions:

1. Preheat oven to 450°F; line a small baking sheet with aluminum foil (preferably non-stick).
2. In a small bowl, combine potato wedges, oil, salt, and pepper to coat potatoes evenly.
3. Arrange potatoes in a single layer on baking sheet.
4. Bake potato wedges for 25 to 30 minutes, flipping halfway through baking time.*
5. While potatoes are baking, mix the maple syrup, vanilla, and cinnamon together in a small pot and place over medium-low heat.
6. Allow glaze to mull for about 10 minutes (can also place syrup mixture in a microwave safe bowl and microwave for about 10 seconds if you prefer).
7. Remove potato fries from oven; drizzle warm maple glaze on top of fries as desired and serve immediately.

*Exact baking times may vary depending on your oven; sweet potatoes are done when they are golden and tender.

Nutrition Facts Per Serving:

130 calories
5 g total fat
0.5 g saturated fat
22 g total carbohydrate
2 g protein