



Baked Sweet Chili Fries

Fries without all the extra mess and grease.

Essential Pregnancy Nutrients:

B vitamins: Chicken

Vitamin A: Sweet Potatoes

Fiber: Potatoes

INGREDIENTS

Potatoes:

- 1 large sweet potatoes, sliced into fry shape
- ¼ tsp cinnamon
- ¼ tsp chili powder
- 1 tbsp olive oil (or coconut oil, melted)
- Sea salt

Honey Mustard:

- ¼ cup Dijon mustard
- ¼ cup honey
- 2 tbsp olive oil
- Juice ½ lemon
- Pinch red pepper
- Sea salt and pepper



PREPARATION

1. Preheat oven to 400 deg.
2. Peel & cut sweet potato into fry shape.
2. Toss potatoes with spices and olive oil.
3. Lay flat on parchment lined baking sheet.
4. Bake for 25 minutes until crisp.
5. For honey mustard sauce. Combine all ingredients in a jar and whisk together.
6. Enjoy!

Servings: about 1-2
Serving size: 1 cup of fries
Prep Time: 10 minutes
Cook Time: 25 minutes