



Chili-Crusted Sweet Potato Fries

Makes 4 Servings; about 12 fries per serving

Ingredients:

2 medium sweet potatoes (about 1¼ pounds), peeled
3 tablespoons cornmeal
1 tablespoon granulated sugar
¾ teaspoon chili powder
½ teaspoon dried cumin
½ teaspoon kosher salt
1 generous pinch onion powder
1 generous pinch garlic powder
2 egg whites

Directions:

1. Preheat the oven to 425°F. Generously oil or coat a large rimmed baking sheet with nonstick cooking spray and set aside.
2. Cut the sweet potatoes in half lengthwise. Cut each half into 6 wedges and then cut each of the wedges in half, lengthwise, so you end up with a total of about 48 thin “fries.”
3. Whisk together the cornmeal, sugar, chili powder, cumin, salt, onion powder, and garlic powder in a large bowl.
4. In a separate bowl, whisk the egg whites until frothy. Add the sweet potatoes and toss to coat evenly with the egg whites.
5. Add the sweet potato fries to the cornmeal mixture and toss until lightly coated. Place on the prepared baking sheet and mist with nonstick cooking spray. Bake until golden brown on the bottoms, about 12 minutes. Remove from the oven, turn each fry with a spatula or tongs, and bake until slightly crisp on the outside and soft on the inside, 10 to 12 minutes.

Nutrition:

150 calories, 1g fat (0g saturated), 230mg sodium, 31g carbohydrate, 4g fiber, 4g protein, 290% vitamin A