

Health Tip of the Month

Add **Orange** Try Sweet Potato Fries

Eating vegetables in a variety of colors provides different vitamins and minerals for your body.

Orange sweet potatoes are high in **Vitamin A**.



So eat the rainbow and try baked sweet potato fries for dinner tonight.



Baked Sweet Potato Fries

Get your ingredients ready.

2 medium sweet potatoes
2 tablespoons of oil
black pepper
red pepper flakes
seasoning of your choice



Preheat oven to 400 degrees F.

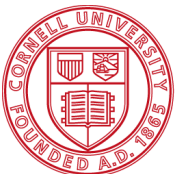
Slice sweet potatoes into fries.

Mix fries, oil, and seasonings in a large bowl.

Spread seasoned fries on baking sheet. Leave space between fries to make them crispy!

Cook in the oven for 15-20 min. Flip your fries at least once to brown on all sides.

*Next time you want fries, add some **color** and bake, don't fry.*



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Worksite Wellness Initiative: by Tiffany Chag, Dietetic Intern
Columbia University Teachers College 67: 5/16
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