

Oven Potato and Yam Fries

Ingredients

- 3 -4 red potatoes, cut into 1/2 in fry strips
- 1 large yam, peeled and cut into 1/2 in fry strips
- 1 1/2 T oil
- 1 T. Live by Heart Artisan Spice Blend
- 1 t. salt to taste



Directions

- Pre-heat oven to 400 degrees.
- Place potatoes and yams in bowl and add oil -mix well.
- Place on oiled cookie sheet with sides. Sprinkle evenly with Spice Blend and salt.
- Bake in 400-degree oven for 30 min or until tender and crispy.

This recipe can also be used for roasted potatoes and yams.
Just cut into 1/2 in squares instead of strips

Serves 4

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	201
	% Daily Value*
Total Fat 5.5g	7%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 383mg	17%
Total Carbohydrate 35.9g	13%
Dietary Fiber 4.3g	15%
Total Sugars 1.8g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	8%
Potassium 1034mg	22%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	