



Tangy Sweet Potato Fries with Cucumbers & Peppers

Servings

4

Calories

270

Prep Time

10 minutes

Total Time

1 hour

Skill Level

Easy

Ingredients

4 cups Mann's Sweet Potato Crinkle Cut Fries

½ cucumber, peeled and seeded

½ bell pepper, thin strips

2 tablespoons apple cider vinegar

2 tablespoons canola oil, divided

2 tablespoons brown sugar

¼ teaspoon celery seed

½ teaspoon salt

½ teaspoon black pepper



The Method

Preheat oven to 425° F. Place Mann's Sweet Potato Crinkle Cut Fries in a single layer on rimmed baking sheet coated with cooking spray. Drizzle potatoes with 2 teaspoons of oil and sprinkle with ¼ teaspoon of salt and ¼ teaspoon of pepper, tossing to coat.

Bake at 425° F for 45 minutes, turning gently with a spatula halfway through the baking process. Transfer Sweet Potatoes to rimmed serving platter or large shallow bowl.

Peel cucumber and cut in half lengthwise; remove seeds by scooping out with spoon. Thinly slice cucumber and bell pepper strips and add to Sweet Potatoes.

Combine remaining ingredients in small bowl, stirring with whisk until sugar dissolves.

Drizzle over Sweet Potato mixture, tossing gently to coat. Cover and chill until ready to serve.



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Nutrition Facts

Serving Size: 278g | Servings: 4

Amount Per Serving

Calories 270 | Calories from Fat 60 | Total Fat 7g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 420mg | Total Carbohydrate 51g | Dietary Fiber 8g | Sugars 16g | Protein 3g | Vitamin A 650% | Vitamin C 45% | Calcium 6% | Iron 6%