

## Fit to eat sweet potatoes



**SWEET AND SOUR** Tossed with olive oil and roasted, the sweet potato wedges are like fries—without the frying. They make a heart-healthy side dish or snack. A sprinkling of sesame seeds and a tangy dipping sauce give them Asian flavor.

### **SWEET POTATO WEDGES WITH SESAME-SOY DIPPING SAUCE**

SERVES 6

#### **FOR THE DIPPING SAUCE:**

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice-wine vinegar (not seasoned)
- $\frac{1}{4}$  teaspoon toasted sesame oil

#### **FOR THE SWEET POTATO WEDGES:**

- 4 medium sweet potatoes (about 2 pounds total), peeled and cut into  $\frac{3}{4}$ -inch-thick wedges
- 1 tablespoon plus 1 teaspoon olive oil
- $\frac{1}{4}$  teaspoon coarse salt
- $1\frac{1}{2}$  teaspoons sesame seeds

① Make the dipping sauce: Stir together soy sauce, vinegar, and sesame oil in a small bowl. Set aside.

② Make the sweet potato wedges: Pre-heat oven to 500°. Toss sweet potatoes with oil and salt in a large bowl. Arrange in a single layer on a baking sheet. Roast, turning once, until tender and slightly browned, about 20 minutes. Transfer to serving dish; immediately sprinkle with sesame seeds. Serve with dipping sauce.

PER SERVING: 188 CALORIES  
4 G FAT 0 MG CHOLESTEROL  
39 G CARBOHYDRATE  
325 MG SODIUM 3 G PROTEIN  
5 G FIBER

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