

recipe *Zoe's Roasted Sweet Potato Sticks*

ingredients

2 large sweet potatoes

2 tbsp olive oil

Salt

directions

Using a sharp knife, slice the potatoes into thin pieces. Toss with olive oil and sprinkle with a dash of salt. Spread the sweet potato sticks on a baking sheet in a single layer. Roast at 425 for 25 minutes. Turn the sticks over and cook for another 15 minutes. Serve with $\frac{1}{4}$ cup of plain hummus.



Snack Crediting: 4 Servings for ages 1-5
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