

Try cooking these sweet potato wedges as finger food for your next workplace function.

Vegetarian
Nut free
Dairy free

Healthy Choices category:

GREEN
(Best choices)

Ingredients	10 serves	15 serves	25 serves
Sweet potatoes, washed	2kg	3kg	5kg
Olive oil	40mL	50mL	90mL
Paprika	2 teaspoons	3 teaspoons	5 teaspoons

Method

- 1 Preheat oven to 200°C.
- 2 Lightly grease baking tray or line with baking paper.
- 3 Slice sweet potatoes lengthways into wedges approximately 2cm thick
- 4 In a large bowl, mix olive oil and paprika. Add sweet potato wedges and toss to coat.
- 5 Place wedges on prepared baking tray.
- 6 Bake for 40 minutes, turning once, until golden.

Tips

- Sweet potato is higher in fibre than regular potato and has a lovely sweet flavour. However, regular potato can be used instead in this recipe if you prefer.
- The skin on sweet potatoes is a good source of fibre and nutrients, and can help keep the wedges together. If you prefer however, you can remove the skins before baking.
- Experiment with different herbs or spices to change the flavour of the wedges. For example, use oregano instead of paprika for a more Mediterranean flavour.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.