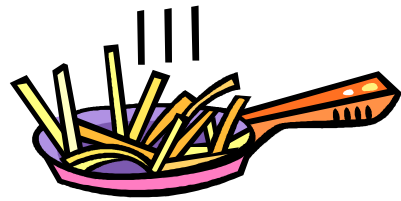


*A Recipe from the Cooking for Life Program:*  
**Sweet Potato Fries**



**Ingredients**

- 4 medium sweet potatoes, cut into ½-inch strips
- ¼ cup orange juice
- ½ teaspoon salt
- ½ teaspoon cinnamon
- Dash cayenne pepper

**Directions**

1. Preheat oven to 450 degrees.
2. Lightly grease a baking pan or spray with nonstick spray or oil.
3. In a medium bowl combine orange juice and spices.
4. Dunk potato sticks to coat and then place them in a single layer on a baking pan.
5. Bake 10 to 15 minutes, turn, and bake another 10 minutes or until tender.

Makes 6-8 servings.

*Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.*