



Spicy Sweet Potato Wedges

3 medium sweet potatoes (about 1 pound)
Cooking spray
1/4 teaspoon salt
1/8 teaspoon ground red pepper
1/8 teaspoon black pepper

Preheat oven to 500°.

Peel potatoes; cut each lengthwise into quarters. Place potatoes in a large bowl; coat with cooking spray. Combine salt, and peppers, and sprinkle over potatoes, tossing well to coat. Arrange potatoes, cut sides down, in a single layer on a baking sheet. Bake at 500° for 10 minutes; turn wedges over. Bake an additional 10 minutes until tender and beginning to brown. Makes 3 servings.

Nutrition information per serving: 153 calories, 2 grams protein, 0 grams fat, 35 grams carbohydrate, 166 mg sodium.

 **BARIX CLINICS™**
America's Leader in Bariatric Surgery

www.barixclinics.com | www.barixclinicsstore.com | 800-282-0066