

Sweet Potato Parmesan Fries

2 large sweet potatoes
2 large egg whites
1 cup fresh grated parmesan cheese
freshly ground pepper (to taste)
fresh ground salt or coarse salt (to taste)

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or aluminum foil. If using foil, spray with pan spray.

Beat egg whites until foamy. Set aside. Cut sweet potatoes into steak fry sized pieces. Dip sweet potato pieces into egg whites, gently shaking to remove excess whites. Lightly dip into parmesan cheese on one side only. Set fries on baking sheet with parmesan cheese facing up. Season with salt and pepper if desired. Bake for 25-30 minutes until crispy on the outside but tender when pierced with a fork. Makes 4 servings.

Nutrition information per serving: 172 calories, 13 grams protein, 7 grams fat, 14 grams carbohydrate, 446 mg sodium.