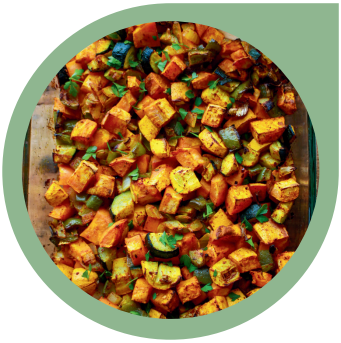
SWEET POTATO HOME FRIES WITH ZUCCHINI



Servings: 8 **Cook Time: 60 Minutes**

Ingredients:

- 2 small sweet potatoes, peeled, chopped into small cubes
- 1 medium onion, diced
- 1 medium bell pepper, diced
- 2 small summer squash (zucchini, yellow, silver), chopped into small cubes
- 1 ½ tbsp extra virgin olive oil
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- 1 tsp turmeric
- ¼ tsp cayenne pepper
- ¼ tsp salt (optional)
- 2 tbsp fresh parsley, chopped (or 1 tsp dried)

Anderson Free Clinic
Wellness Market

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Instructions:

1. Preheat oven to 375 F.
2. Place sweet potatoes, onions, pepper, and zucchini in a 9 x 13 inch baking dish.
3. Drizzle with olive oil.
4. Sprinkle with garlic, smoked paprika, turmeric, cayenne pepper, and salt (optional).
5. Toss all ingredients together well to distribute evenly.
6. Place on top rack of the oven and bake for about 45 minutes, stirring occasionally, until vegetables are tender and golden brown.

Nutrition

Serving Size: 1 serving Calories: 63 Sugar: 3g Sodium: 95mg Fat: 3g Saturated Fat: 0 g Carbohydrates: 9g Fiber: 2g Protein: 1g Cholesterol: 0 mg