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Spicy Sweet Potato Wedges

October 2005 Supper Club, Recipe from Nan

These peppery-sweet potatoes are delicious with roasted meats. Cooking them at a high heat makes their interior tender just as the sugar-and-spice coating begins to caramelize and brown the outside.

- 6 medium sweet potatoes (about 2 1/4 pounds)
- Cooking spray
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 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 sugar, 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 or until tender and beginning to brown.

Yield: 8 servings (serving size: 3 wedges)

NUTRITION PER SERVING

CALORIES 153(2% from fat); FAT 0.4g (sat 0.1g,mono 0.0g,poly 0.2g); PROTEIN 2.4g; CHOLESTEROL 0.0mg; CALCIUM 31mg; SODIUM 166mg; FIBER 2.3g; IRON 0.9mg; CARBOHYDRATE 35.5g