



KidBits

UT Extension



September 2013

Veggie Weggies

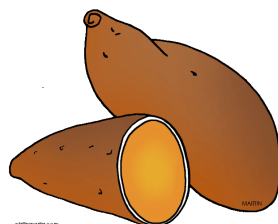
A delicious finger food that children can dip in ketchup or low fat ranch dressing.

4 medium sweet potatoes

1 tablespoon canola or olive oil

1/4 teaspoon salt

1/4 teaspoon black pepper



Step 1 Peel the sweet potatoes and cut into 1/2 inch slices.

Step 2 Place the sweet potatoes, oil, salt and pepper in a large plastic bag.

Step 3 Spray a baking sheet with a nonstick cooking spray. Arrange potato slices on baking sheet in a single layer.

Step 4 Bake potatoes in a 450° oven for 12 to 15 minutes, or until golden brown. Turn potatoes 2 times while cooking.

Note: Parsnips, rutabagas, and carrots work well too.



Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.