

## SWEET POTATO WEDGES

Serves: 1-2

### ingredients

- 1 medium-large sweet potato
- 1 tablespoon extra virgin olive oil
- ~ 1/4 teaspoon salt
- ~ 1/4 teaspoon ground black pepper



### directions

Preheat the oven to 400 degrees.

Wash the sweet potato.

Slice the potato into wedges. I do this by cutting the potato in half "hamburger" style. Then the two halves, I slice in half "hotdog" style. And slice into wedges from there.

In a large, glass (or, microwavable) bowl add the cut potato. Drizzle with olive oil and add salt and pepper. Using your hands, mix until the potatoes are evenly coated with the olive oil.

Add the glass bowl to the microwave. Simply choose the "baked potato" selection, or microwave until the potato is just about cooked, approximately 8-10 minutes depending on your microwave.

Add the cooked potato to a cookie sheet and spread it out evenly so that there is one even layer. Bake about 10 minutes, flip the wedges, and cook for another 10 minutes or so, until desired crispness.

Bye, bye fried sweet potato fries!

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