

# Sweet Potato Wedges

Serves 10

## Ingredients

- 4 sweet potatoes
- Small bunch of rosemary
- Olive oil spray
- 200g reduced fat natural yoghurt
- Small bunch of chives



## Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Peel potatoes and cut into wedges.
3. Lightly spray wedges with oil and sprinkle with rosemary. Bake for 25 minutes or until wedges are crispy and fully cooked through.
4. Serve with a dollop of natural yoghurt, topped with a sprinkling of chives.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 151g		
	Per serve	Per 100g
Kilojoules (kJ)	439	291
Protein (g)	3.5	2.3
Total fat (g)	0.7	0.4
- Saturated fat (g)	0.1	0.1
Carbohydrates (g)	19.3	12.9
- Sugars (g)	0.9	0.6
Fibre (g)	2.4	1.6
Sodium (mg)	6	4

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines