

## Baked Sweet Potato Wedges

Serves: 8

### Ingredients

Cooking spray	1 Tbsp. brown sugar
4 large sweet potatoes, scrubbed, eyes removed, cut lengthwise into $\frac{3}{4}$ -inch wedges	1 tsp. garlic salt
	1 tsp. cinnamon
1 tsp. paprika	Dash of cayenne pepper (optional)

Preheat oven to 400 degrees.

Lightly spray nonstick baking dish or cast-iron skillet with cooking spray.

Spray potato wedges with cooking spray and toss together with all spices in a bowl.

Place potatoes in a single layer in the baking dish or skillet.

Bake for 20 minutes.

Turn over and bake an additional 20 minutes.

Per serving: 125 calories, 0 g fat.