

# Side dish: healthy sweet potato wedges

## Recipe and ingredients

**One  
Life  
Suffolk**



1 large sweet potato- £2.49



1 tbsp vegetable oil



1 tsp salt



1. Pre- heat oven to gas mark 4/180c



2. Chop the sweet potato into wedges.



3. Lightly season the wedges with oil and salt.



4. Put the wedges onto a baking tray.



5. Bake for 15-20 minutes until softened and golden.

