**Sweet Potato Fries**  
Serving size = 3 servings per sweet potato

**Ingredients:**

One large sweet potato  
1-2 tsp salt  
1-2 tbsp ground pepper  
¼ cup extra virgin olive oil

**Materials:**

Vegetable brush  
Chef’s knife  
Cutting board  
Large baking sheet

**Directions:**

Preheat to 450  
Wash and dry sweet potato- make sure to dry well or else fries will be soggy  
Cut sweet potato into “fry” shapes  
Place fries on the baking sheet  
Sprinkle with salt, pepper and drizzle olive oil  
Cook for 15 minutes  
Flip and cook for 10 minutes
Spicy Garlic Lime Chicken
Serving size = 4

Ingredients:

3/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon dried parsley
4 boneless, skinless chicken breast halves
2 tablespoon olive oil
2 teaspoons garlic powder
3 tablespoons lime juice

Materials:

Measuring spoons
Mixing bowl
Large skillet
Cutting board
Chef’s knife

Directions:

Mix together salt, black pepper, paprika, teaspoon garlic powder, and parsley
Sprinkle spice mixture on both sides of chicken breasts
Heat olive oil in a large skillet over medium heat
Sauté chicken until golden brown, about 6 minutes on each side
Sprinkle with 2 teaspoons garlic powder and lime juice.
Cook 5 minutes, stirring frequently to coat evenly with sauce
Top with fresh cut lime slices and serve