

Jo Jo French Fries



Totals for six Jo Jo style French fries (pictured above):

Calories 105 Fat 0g Fiber 4g Carbs 25g

What you'll need:

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| 1 Yam, medium size (in the south we call these sweet potatoes) | 1 T Lawry's seasoned salt |
| 1 Cup skim milk | 1 T Garlic salt |
| 1 Gallon baggie | ½ tsp Ground black pepper |
| 1 Cup whole-wheat flour | ½ tsp Ground thyme |
| | 1 Can butter flavored cooking spray |

Medium size bowl

Aluminum foil (optional – but I line all my pans with this for easy clean-up)

Baking pan

Let's get to cooking!

1. Preheat oven to 350 degrees.
2. Slice yam in half in the thickest part of the diameter and then slice into French fry like slices, lengthwise.
3. Place slices into skim milk that has been poured into a bowl.
4. In your gallon baggie put all of your dry ingredients and shake well until dry batter mix is thoroughly mixed together.
5. Spray baking pan with cooking spray.
6. Taking 5 slices of yam at a time from the skim milk and drop them into the dry batter mix.
7. Close and shake the baggie well so that the slices are completely coated.
8. Take them out of the baggie and lay them on the baking pan.
9. Repeat steps 6-8 until all slices are on the pan and then generously spray with cooking spray.
10. Bake for 20-25 minutes or until golden brown.
11. These are great alone or with K LW Cocktail Sauce!

My love of comfort food inspired this **Kitty's Lighter Weigh** recipe.