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*Many of us only eat sweet potatoes on Thanksgiving and usually they are laced with brown sugar, butter, pecans, maybe a splash or two of bourbon, and nestled under a mound of slightly singed marshmallow topping. I admit that casserole is a nice, once a year, holiday treat, but the sweet potato has so much more to offer year round. They can be baked, roasted, boiled, steamed, mashed, fried, made into chips, and pureed. Microwaved? **Never!** The nuked flesh will become bitter and inedible.*

Sweet potatoes have been called a superfood and are loaded with beta carotene. These tasty Oven Fries are a great way to get more of those nutritional powerhouses into your meal plan!

Sweet Potato Oven Fries

Two 5-ounce sweet potatoes, scrubbed clean, skins left on
1 tablespoon grapeseed, canola, or olive oil
½ teaspoon kosher salt

Preheat the oven to 425 degrees F.

Cut the potatoes in half lengthwise and then cut the halves into one half inch by one half inch strips.

Place the potatoes in a plastic food storage bag and add the oil.

Gently massage the outside of the bag to coat the potato strips with the oil.

Remove the potato strips from the bag and place them on a baking pan which has been lined with non-stick foil.

Bake for 15 minutes, remove the baking tray from the oven and turn the potato strips over.

Return the tray to the oven and turn the heat up to 500 degrees F.

Bake the potatoes for an additional 15 minutes or until they are lightly browned on the edges.

Remove the potatoes from the oven and sprinkle with salt.

Serve immediately.

Serves 2.

Note: This is not a crispy fry. The exterior of the potato strips will remain a bit soft.