



Baked Sweet Potato Fries

Serves 4 people

Prep time: 10 minutes

Cook time: 20-30 minutes

Total time: 30 minutes

Ingredients

2 large orange sweet potatoes (can substitute purple sweet potatoes)

1 Tablespoon extra virgin olive oil

1 teaspoon sea salt

Instructions

Preheat oven to 400 degrees. Line a baking sheet with foil. Slice sweet potatoes in ½ inch wide sticks. If using *purple* sweet potatoes, soak in a bowl of water for 20 minutes, then drain. If using orange sweet potatoes, do not soak. Mix with olive oil and sea salt. Lay sweet potato sticks on baking sheet, leaving space between pieces. Bake for 20 minutes or until fries are soft. If using *purple* potatoes, bake for 30 minutes. Enjoy!



Sweet Potato Superpowers

Super vision! – high in Vitamin A that keeps your eyes healthy

Super protection! – high in antioxidants that fight chronic disease and cancer

Super digestion! – high in fiber that helps stabilize blood sugar and keep you full

Tips and Tricks

- Sweet potato fries are great as a snack or as part of a meal.
- No need to peel! There are lots of nutrients in the skin. Just wash quickly before cooking.
- Costco sells extra virgin olive oil in bulk.
- All ingredients in this recipe can be found at Tamura's and Costco.