

Sweet Potato Fries Recipe

A healthy twist on deep fried potatoes. Sweet potatoes are loaded with beta-carotene and heart healthy fibre. These fries are packed with flavour!

Recipe adapted from Janet & Greta Podleski's The Looneyspoons Collection, Granet Publishing, Kitchener, 2012

Makes about 4 servings

Ingredients:

3 medium sweet potatoes

1 tbsp/15 ml olive oil

½ tsp/2 ml each ground cumin, paprika and dried oregano

¼ tsp/1ml each sea salt and freshly ground black pepper

Method:

1. Wash potatoes and pat dry. Leave skins on.
2. Slice potatoes into French-fry style wedges, about ½ inch thick.
3. Toss wedges with olive oil and spices in a large bowl. Coat evenly.
4. Arrange potatoes in a single layer on baking sheet.
5. Bake at 450 degrees F for 15-20 minutes. Turn wedges over half-way through cooking time. Time may vary depending on thickness.
6. Serve hot.