

SWEET POTATO FRIES

These fries are a nice change from the standard French Fries; Their texture is soft, the flavor is both sweet and savory, and they are certainly healthier! You can make these into wedges or rectangular, like “normal” fries, and we have found them to be a great accompaniment to chicken, pork and beef. For Burgers or Hot dogs however, I would recommend regular fries.

INGREDIENTS:

2 Sweet Potato's, large
2 Tablespoons Olive Oil
½ teaspoon Kosher Salt (table salt is OK)
½ - 1 teaspoon dried Rosemary, crushed
¼ Cup Parmesan Cheese, shredded (optional)

INSTRUCTIONS:

Preheat oven to 425 degrees.

Slice your Sweet Potato's into wedges (6 per half) or rectangles about the size of your ring finger, then place them into a gallon size zip lock bag, or fairly large bowl.

Add the olive oil and the rosemary and either shake or stir well so all of your fries are gently coated with oil.

When your oven is ready, place fries on a nonstick baking sheet (or 2 if necessary) and put in oven for 14 minutes. When time is up, remove from oven and stir them with a spatula, flipping as many as possible, and continue baking until tender, approximately 12 more minutes. These fries will NOT be crispy, so don't try!

When done, remove Fries from oven and sprinkle evenly with salt, (and Parmesan if desired) then place in your serving dish.