

SWEET POTATO FRIES

INGREDIENTS

2 sweet potatoes cut into fries

1 tbsp seasoning salt

1-2 tbsp coconut oil, melted

sea salt and pepper to taste

PROCEDURE

Preheat your oven to 425F, and line a baking sheet with parchment paper.

Soak the cut potatoes in cold water for at least 20 minutes, up to an hour if you have the time, to remove some of the starch content. (This helps make crispier fries!)

Drain and rinse well, to ensure the starch is removed, then pat dry with a towel, so that the resulting fries are nice and dry.

Transfer the fries to a clean bowl, and toss with the coconut oil and rosemary, using your hands or a spoon to coat evenly.

Arrange the fries into a single layer on the lined baking sheet and bake at 425F for 15 minutes.

After the 15 minutes, remove from the oven, flip them over using your a fork, then return to the oven for another 10 minutes, or until the fries are golden around the edges.

Sprinkle immediately with a generous portion of sea salt and pepper, while the fries are still hot and glossy.

NATURAL HEALTH

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