

## Sweet Potato Oven Fries

Oven-baked fries are every bit as good as the deep-fried kind but offer a healthier cooking option and more nutritional value by using sweet potatoes and it's easy, too. If you're in a hurry, skip the soaking step and the foil, and simply roast the oiled potatoes for 30-45minutes, stirring once or twice, until they're golden crisp.

### Ingredients:

3 medium sweet potatoes, peeled (to make regular fries use Russet or Yukon gold potatoes. Peeled or unpeeled and omit the fresh rosemary)  
1 Tbsp (15ml) olive oil  
¼ tsp (1ml) garlic powder  
¼ tsp (1ml) sea salt  
¼ tsp (1ml) ground black pepper  
Chopped fresh rosemary

### Method:

1. Preheat the oven to 475F (245C)
2. Cut the potatoes and soak them in water for 10 minutes. Dry them thoroughly with paper towels or a tea towel. Place them on the prepared baking sheet. Sprinkle the garlic powder, and salt and pepper over the potatoes and toss with your fingers to coat them well with the seasonings and oil, arranging them in a single layer. Make sure they aren't crowded or overlapping or they will steam instead of browning properly. Sprinkle with fresh rosemary.
3. Cover the baking sheet tightly with foil and bake for 5 minutes. Remove the foil and continue to bake for 20 minutes, turning the fries once or twice with a thin spatula, until they're golden and crisp. Serve immediately.

### Serves 2-4

Cookbook: Starting Out by Julie Van Rosendaal



*“ Educating, inspiring, motivating and supporting people to eat well and live well.  
"Fostering Change" for a better, healthier you!”*