

Baked Sweet Potato Fries

I like to use garnet yams instead of sweet potatoes for this recipe. Their darker color indicates that they are higher in beta carotene. They're also high in fiber and vitamin C. They make a delicious alternative to traditional french fries. It doesn't take that much longer to prepare these and pop them into the oven than it does to open a bag of processed, frozen fries.

Serves 4

- 3 large sweet potatoes or garnet yams
- 2-3 tbsp olive oil
- 1 tsp cumin
- 1/4 tsp paprika
- 1/2 tsp salt or seasoned salt

Pre-heat the oven to 400 degrees.

Peel the sweet potatoes. Cut them lengthwise into 1/2" thick strips. In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.

Place potatoes on a single layer on a baking sheet and bake for about 10 minutes then gently turn them over and cook for another 10 minutes

I really like to eat these plain, but you can serve them with garlic aioli or mix some curry powder or paste into plain yogurt for a healthy and tasty dip.