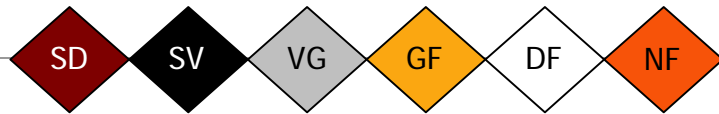


Healthy Swaps Baked Seasoned Sweet Potato Fries

Recipe by: Chef Kelly Yorke



Even though sweet potatoes contain more sugar than russet potatoes (the typical fry potato), they have a lower glycemic load, (in other words, they spike up your blood sugar less) and they are lower in starch, higher in vitamin C and higher in dietary fiber than Russet potatoes. Sweet potatoes are also a rich source of compounds such as carotenoids and chlorogenic acid that can help the body respond to insulin as well as help reduce insulin resistance, and they contain a good source of potassium (more than bananas) which is known to help regulate blood pressure. There are many reasons to swap sweet potatoes for white potatoes in your recipes, but keep in mind that the differences between moisture and starch content in various varieties of potatoes can affect the outcome of your recipe, which has been considered here. The two stage cooking process in this recipe will produce tender in the middle and crispy on the edge fries (but, they will not be as crispy as a deep-fat fried fry). The spiciness of the seasoning balances out perfectly with the sweetness of the potatoes to create an irresistibly delicious and healthier fry.

Ingredients:

- 1 – 1/2 lbs. Sweet Potatoes cut into 1/2-inch thick fries, about 4 medium (6 oz.) potatoes
- 2 Tbsp. Coconut Oil, melted
- 1 tsp. Kosher salt or coarse sea salt
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 1/2 tsp. Smoked Paprika Powder
- 1/2 tsp. Cumin powder
- 1/2 tsp. Turmeric powder
- 1/2 tsp. Ground Black Pepper
- 1/2 tsp. Crushed Red Pepper Flakes

Directions:

1. Preheat oven to 375° F. Peel the sweet potatoes and cut them into fries or for healthier higher-fiber content, leave the potatoes unpeeled - but this will produce a chewier textured fry. Rinse and lightly scrub the potato skins and then blot the potatoes dry with paper towels before cutting). Place fries in a medium to large size bowl.
2. Gently melt the coconut oil in a small container in the microwave or on the stove top. Pour the coconut oil over the baked sweet potato fries and gently toss them together to evenly coat the potatoes with the oil.
3. Spread the fries out one layer thick on a wire rack that has been placed inside a rimmed baking sheet and bake in the oven until tender, about 30 minutes. Remove potatoes from the oven and increase oven heat to 425° F.
4. Line one large or two small baking sheets with non-stick foil or foil that has been sprayed with vegetable cooking spray.
5. Mix the remaining ingredients together in a small bowl (salt, garlic powder, onion powder, smoked paprika, cumin powder, Turmeric powder, black pepper and red pepper flakes). Transfer the fries back into the medium to large size bowl and then sprinkle the seasoning mixture over the potatoes and gently toss to evenly coat the fries with the seasoning.
6. Spread the seasoned fries out on the foil-lined baking sheets in a single layer and return fries to the 425° F oven. Bake until the fries are golden brown in spots, crisp on the edges and tender on the insides, about 30 more minutes.
7. Remove from the oven and let cool for about 5 minutes before serving.

YIELD: 6 Servings

Per Serving: 128 Calories, 20g Carbohydrates, 5g Fat, 1g Protein, 3g Dietary Fiber, 0mg Cholesterol, 325mg Sodium