

Side

Baked Rosemary Sweet Potato Fries

10 Mins
Prep Time

20 Mins
Cook Time

4
Servings

 **151** Calories **7g** Fat **21g** Carbs **2g** Protein



Ingredients

 **4** Servings  **30 Mins** Total Time  **Allergens: None**

2 Large Sweet Potatoes 

2 Tbsp Fresh Rosemary, minced

2 Tbsp Extra Virgin Olive Oil 

Sea Salt

Nourishment Note!



Sweet Potatoes

Sweet potatoes are high in fiber and may help improve gut health and reduce the risk of heart disease. They're also a great source of potassium, which is important for blood pressure control.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425 °F.

3. Cut Sweet Potatoes into Fries

Cut the sweet potatoes in half lengthwise then cut into ¼" slices.

4. Season Sweet Potato Fries

In a large bowl, toss the sliced sweet potatoes with 2 tablespoons olive oil and minced rosemary. Sprinkle with sea salt.

5. Spread Fries on Baking Sheet

Spread fries onto a baking sheet lined with parchment paper.

6. Bake Fries

Bake sweet potato fries for 10 minutes. Remove from oven and flip with a spatula. Return to the oven for another 10 minutes or until slightly brown and crispy.

7. Let Cool & Serve

Let cool and serve with your favorite dipping sauce.

8. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Knife



Large Bowl



Measuring Spoons



Baking Sheet



Parchment Paper



Spatula

PD Cooking Tips

Sweet Potatoes: If having trouble cutting sweet potatoes, try slicing into thin rounds using a mandoline.

Rosemary: Chop fresh rosemary using a mezzaluna.