

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 Preheat Oven**
Preheat oven to 425 °F.
- 2 Cut Sweet Potatoes into Fries**
Cut the sweet potatoes in half lengthwise then cut into ¼" slices.
- 3 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.
- 4 Spread Fries on Baking Sheet**
Spread fries onto a baking sheet lined with parchment paper.
- 5 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.
- 6 Let Cool & Serve**
Let cool and serve with your favorite dipping sauce.

Recipe created by Meijer Chef, Chad Bueter

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.