



Sweet Potato Fries

INGREDIENTS:

- 2 each Sweet potatoes, large
- 1 Tablespoon Rosemary, fresh, chopped
- 1 Tablespoon Thyme, fresh, chopped
- 2 teaspoon Olive oil
- ½ teaspoon Salt
- ¼ teaspoon Pepper

PREPARATION:

- Preheat oven to 400° F
- Peel sweet potatoes then cut into thick long strips
- Chop fresh herbs and set aside
- In medium size mixing bowl, add oil, herbs, salt and pepper
- Toss chopped sweet potatoes in mixing bowl until they are evenly coated with oil and spices.
- Place potatoes on baking sheet.
- Roast in oven for about 20 minutes. Be sure to check on them every 10 minutes to flip them over/around. This will aid in even browning.

***Chef's Note:** These fries pair well with our Chipotle Ranch (recipe below) or H3 Bleu Cheese Dressing.*

Serves: 4

Serving size: ½ cup

Calories: 100

Fat: 2

