

# Sweet Potato Fries

Sweet potatoes are nutrient-dense root vegetables that come in a variety of colors.

They're high in fiber and antioxidants, which protect your body from free radical damage and promote a healthy gut and brain.

They're also incredibly rich in beta-carotene, which is converted to vitamin A to support good vision and your immune system.

Sweet potatoes are versatile and can be prepared in both sweet and savory dishes, making them an exceptional carb option for most people.

Here's a quick and easy oven baked sweet potato fries recipe for you today!

## INGREDIENTS

- 3 large sweet potatoes
- 1.5 tbsp red chili powder
- 3 garlic cloves, crushed
- 3 tbsp polenta or semolina
- 100 ml olive oil
- 1 tsp sumac or chaat masala
- Salt to taste

## METHOD

1. Preheat the oven to 180 deg celcius.
2. Peel the sweet potatoes and cut then into long strips, 1.5 cm thick. Just like French fries.
3. Soak the peeled potatoes in room temp water as it makes them easier to cut.
4. In a large bowl, add the oil, red chilly powder, garlic, polenta or semolina and salt. Mix well and add the cut sweet potatoes.
5. Line a baking tray with butter paper and lay the marinated fries on the tray. Make sure each piece is well coated and separate.
6. Bake the potatoes for 15-20 mins. Use a knife to check if the potatoes are cooked through.

7. Once cooked, remove from oven, sprinkle the sumac powder or lime juice and serve at once.

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