Sweet Potato Fries with Garlic & Herbs

45 minutes
3-4 servings

Ingredients:
• 1 ½ lbs sweet potatoes or yams, peeled, cut into ½-inch wide slices, then ¼-inch wide strips
• 2 tablespoons olive oil
• 2 tablespoons chopped fresh Italian parsley
• 1 garlic clove, minced
• 1 teaspoon chopped fresh thyme or ½ tsp dried thyme
• Salt and pepper (to taste)

Directions:
• Preheat oven to 450 degrees.
• Toss potatoes in oil, salt, and pepper in large bowl. Spread, in single layer, on baking sheet.
• Bake until tender and golden brown, turning occasionally, about 30 minutes.
• Mix garlic, parsley, and thyme in bowl.
• Spring herb mix on sweet potato fries and serve.

Did you know? Sweet potatoes are sweet and starchy root vegetables, meaning they grow in the ground. They are different from yams in that they belong to a different family by taxonomy. However, they have similar tastes and nutrient value.

Benefits: Sweet potatoes are rich in complex carbohydrates, dietary fiber, potassium, beta-carotene (vitamin A), and vitamin B6. The fiber is found mostly in the skin, which should be left on to eat.

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