

## **Sweet Potato Fries**

Submitted by Elizabeth R.

2 large sweet potatoes, washed and patted dry  
1 tablespoon olive oil  
1/4 tsp salt (use sea salt or kosher salt, if you prefer)  
1/4 tsp dried rosemary, crushed

Preheat oven to 425 degrees F. Cut each potato into 8 lengthwise wedges and place on a nonstick baking sheet. Drizzle lightly with oil; sprinkle with salt and dried rosemary. Roast for 15 minutes on one side; turn to other side and toast until potatoes are tender, about 15 to 20 minutes more.

If you like your potatoes well-done, place them under the broiler for a minute or two. Makes 4 servings.

Nutrition information per serving: 112 calories, 2 grams protein, 4 grams fat, 19 grams carbohydrate, 178 mg sodium.