



# THE EAT-CLEAN DIET®

FAST FAT LOSS that lasts forever!

FAB RECIPE – WEEK OF 18 JUNE 2012

## Quick Sweet Potato Fries

Thanks to the extra hit of fiber, sweet potatoes are a filling stand-in for white spuds. With just a light coating of olive oil, baking the potatoes adds a crispy, crunchy texture that garners *Clean Eating* approval while you indulge your craving.



**Serves:** 4

**Hands-on time:** 10 minutes

**Total time:** 45 minutes

**CATEGORY:**

[Under 45 Minutes](#), [Vegetarian](#), [Gluten Free](#)

### INGREDIENTS:

- 1 tsp chopped fresh rosemary leaves
- 1 tbsp olive oil
- 1 lb sweet potatoes (about 3 medium)
- 1/4 tsp sea salt
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### INSTRUCTIONS:

1. Preheat oven to 425°F. In a small bowl, combine rosemary and olive oil; set aside.
2. Scrub potatoes and remove any blemishes. Cut each potato lengthwise into 1/2-inch slices. Stacking 2 slices together, cut each into 1/2-inch strips.
3. In a large bowl, toss potato strips with rosemary mixture until evenly coated. Spread potatoes on a large parchment-lined baking sheet in a single layer. Bake for 30 to 35 minutes, flipping potatoes over halfway through baking time, until lightly browned. Remove from oven, sprinkle with salt and serve warm.

**Nutrients per 4-oz serving (about 10 fries):** Calories: 116, Total Fat: 3.5 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 20 g, Fiber: 3 g, Sugars: 4 g, Protein: 2 g, Sodium: 174 mg, Cholesterol: 0 mg  
Source: [www.cleaneatingmag.com](http://www.cleaneatingmag.com)