

Baked Sweet Potato Fries

Sustainable tip: Look for organic sweet potatoes in your local health food store or farmers market for a healthy, sustainable side dish. Check out this simple, easy recipe for a delicious side dish!

Ingredients you'll need:

- 2 large sweet potatoes (preferably organic)
- ¼ teaspoon black pepper
- ¼-½ teaspoon sea salt
- 2 minced, fresh garlic cloves
- 1-2 tablespoons organic olive oil or veggie broth
- Fresh chives, chopped, for garnish

Preparation instructions:

1. Preheat the oven to 400 degrees fahrenheit. Line a baking sheet with parchment paper.
2. Cut sweet potatoes in half lengthwise and cut the halves into long, fry-shaped strips.
3. Mince garlic cloves.
4. In a large bowl, mix together olive oil or broth with the minced garlic, salt, and pepper.
5. Add the sweet potatoes to the bowl and mix thoroughly with your hands.
6. Once everything is mixed together, lay the sweet potatoes out evenly on the baking sheet.
7. Add extra seasonings if desired.
8. Bake for 15 minutes, flip fries around with spatula and bake for an additional 20 minutes.
9. Remove from the oven, and enjoy your delicious fries with your favorite condiments!