



## From the Kitchen of Executive Chef Jessica VanRoo

### Sweet Potato Fries with Maple Ketchup

Serves 6

*216 calories per serving*

#### Description

Sweet potatoes are starchy root vegetables that are rich in fiber, minerals and vitamins. They contain vitamin A to enhance vision, and the fiber and antioxidants improve digestive and immune health. Studies have also shown that the nutrients in sweet potatoes can boost learning and memory.

Total cost: \$6.57/\$1.10 per serving

#### Fries

- 3 large sweet potatoes
- 5-7 tablespoons of cornstarch
- 1 ½ teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Olive oil, as needed

#### Maple Ketchup

- 7 ounces tomato paste
- ½ cup distilled white vinegar
- 4 tablespoons pure maple syrup
- 4 tablespoons water
- 1 teaspoon salt
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder



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#### Fries

- Preheat oven to 425 degrees.
- Peel and cut sweet potatoes into fries no thicker than a ½ inch.
- Soak in bowl of water at least one hour, preferably half a day.
- Drain water, lift cut potatoes by the handful, giving them a good shake. They should be moist enough for the cornstarch to stick.
- Put cornstarch in a plastic bag and add cut sweet potatoes. Blow a little air into the bag, twist the top and shake vigorously.
- Place coated potatoes on one or two baking sheets lined with parchment paper. Sweet potatoes should not be crowded on the baking sheet or they'll steam instead of get crispy.
- Brush sweet potatoes with olive oil to reduce sticking and improve crisping. (Tip: Spray oils provide great coverage with fewer calories.)
- Bake 15 minutes then check. When bottom of fries are getting crisp, flip them over and cook 5-10 more minutes.
- Serve with sauce on the side.

#### Maple Ketchup

- Combine ingredients in medium saucepan over medium-high heat.
- Whisk to blend ingredients until smooth.
- Bring mixture to a boil, reduce heat and simmer, stirring frequently and scraping the sides of the saucepan with a spatula.
- Simmer until thickened as desired (at least 20-25 minutes).
- Remove pan from heat and allow to cool.
- Transfer sauce to a jar, cap tightly. Refrigerate until needed. Makes about 1 ½ cups.