

# 'UALA (SWEET POTATO) FRIES

## INGREDIENTS

- 2 pounds **'uala** (purple Okinawan sweet potatoes are recommended)
- 2 tablespoons **vegetable oil**
- 1 teaspoon **salt**

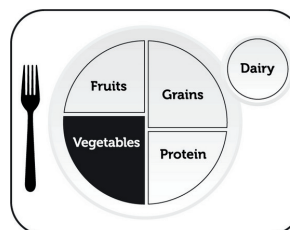
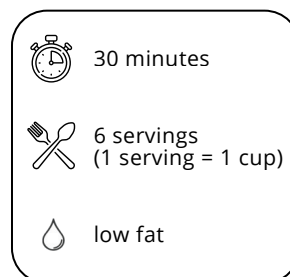
## DIRECTIONS

Always practice food safety when cooking.

- 1) Preheat oven to 425 °F.
- 2) Slice the 'uala into fries.
- 3) Lay 'uala in a baking pan and toss with oil and salt, making sure 'uala is evenly coated.
- 4) Spread the 'uala in a single layer in the pan.
- 5) Place in oven and bake for 15 minutes.
- 6) Turn the 'uala fries over and bake for another 5 to 10 minutes, or until the fries can be pierced with a fork.

## NOTES

- Different varieties of sweet potatoes can be used, but baking time may need to be adjusted.
- Minced garlic can be added to the oil and salt before baking the fries.
- For a low-sodium version, reduce the amount of salt to ½ teaspoon.
- Try with our Ranch-style Dip (page 85), hummus, or lowfat yogurt.



Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup (157g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.5mg	8%
Potassium 0mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Garden to Grindz