



## Sweet Potato Oven Fries

**Savory, sweet and good for you, too. Make these sweet potato oven fries tonight.**

A good guideline for heart-healthy eating is to choose naturally colorful foods, which pack more vitamins and antioxidants than paler foods.

Think hearty brown pasta, emerald spinach, glowing red peppers, deep orange winter squash, crimson cranberries, purple cabbage, vivid blueberries ... make your plate an artist's palette!

### Ingredients

3 lbs. sweet potatoes, peeled and cut into 1-inch chunks  
2 T. olive oil  
3 large or 4 medium cloves garlic, minced  
3 T. chopped fresh rosemary  
Coarse sea salt and black pepper to taste

### Preparation

In a large bowl, toss diced sweet potatoes with olive oil, garlic, rosemary, salt and pepper.

Spread evenly onto two large, heavy baking pans.

Roast in a 400-degree F oven, stirring frequently with a long-handled spoon, until potatoes are tender (about 25 minutes).

Serve immediately.