

BAKED SWEET POTATO FRIES WITH GINGER-PEANUT DIPPING SAUCE

“This is a healthier and sweet alternative to fried white potatoes”.

Yield: 4 servings

FRIES:

- 4 uniformly shaped medium sweet potatoes (about 2 pounds), peeled
- 1 teaspoon coarse sea salt
- 1 tablespoon extra-virgin olive oil

DIPPING SAUCE:

- 1 heaping tablespoon minced ginger
- 1/2 cup toasted peanuts
- 1/2 cup apple juice
- 1 teaspoon agave nectar
- 1/8 teaspoon cayenne
- 1/4 teaspoon coarse sea salt



FOR THE FRIES:

- Cut the potatoes into slices about 1/2-inch thick and then cut them 1/2-inch length-wise into the shape of fries
- Preheat the oven to 450 degrees F
- Combine the sweet potatoes, 3 quarts cold water, and 1 teaspoon salt in a large pot over high heat. Parboil, uncovered, for 10 minutes. Drain in a colander and pat well with a clean kitchen towel or paper towels until completely dry
- In a large bowl, toss the sweet potatoes with the olive oil
- Arrange the fries on a parchment-lined baking sheet and bake for 50 minutes, gently stirring every 15 minutes with a wooden spoon to ensure even browning, until tender and caramelized

FOR THE DIPPING SAUCE:

- In an upright blender, combine the ginger, peanuts, apple juice, agave nectar, cayenne, and salt and blend until creamy. Transfer to a small serving bowl.
- *Vegan Soul Kitchen* by Bryant Terry page 51