

Crispy Sweet Potato Wedges

1 large organic orange fleshed sweet potato
1/2 teaspoon chili flakes
1/2 teaspoon dried rosemary
1 1/2 Tbsp organic cold-pressed coconut oil
Pink himalayan salt and black pepper to taste

Preheat oven to 425

Wash sweet potato, but do not peel. Cut into thin wedge-shaped pieces. The thin wedge shape is important for crispiness. Each wedge should have three sides, an edge with skin about ½ inch wide, and taper to a point.

Place wedges in large bowl with coconut oil, chili flakes, rosemary, salt and pepper. Toss to coat all wedges in oil and spices.

Tip: I like to place my coconut oil in a small glass bowl and set it on the stovetop while I cut the potato. Coconut oil liquefies at about 75 degrees, so the radiated warmth from the preheating oven does the trick.

Spread wedges evenly in single layer on a baking sheet. Bake for 15 at 425, then flip each wedge over. Bake for an additional 8-10 mins.

Allow wedges to cool for 5 mins, then enjoy with unsweetened organic ketchup, mustard, or homemade aioli.

***Geek out with Dr. Sara: Sweet potatoes are an excellent source of beta-carotene. Beta-carotene is a fat-soluble vitamin, and studies show that at least 3-5 grams of fat is required for delivery to the blood stream and for the body to convert beta-carotene to Vitamin A. In this case, the coconut oil provides the necessary fat for your body to make the most of this vital nutrient in the potato.*

Source: Ribaya-Mercado, Judy D. "Influence of Dietary Fat on β -Carotene Absorption and Bioconversion into Vitamin A." *Nutrition reviews* 60, no. 4 (2002): 104-110. <http://www.ncbi.nlm.nih.gov/pubmed/12002680>

Variation: Toss with a clove of minced garlic if you don't have a date tonight!

Makes 1 large serving

308 Calories