



FORKS OVER KNIVES™

Sweet Potato Home Fries | by Lindsay Nixon

From *The Happy Herbivore*

Serves 4



Ingredients:

¾ teaspoon rosemary, dried
2 medium sweet potatoes, diced
1 small apple, cored and diced
Salt, to taste
Pepper, to taste

Instructions:

Preheat oven to 400 degrees F.

Line a cookie sheet with parchment paper and set aside. Grind rosemary with a mortar and pestle until it reaches the consistency of sea salt, but not so finely that it's like a powder.

Place potatoes and apples in a mixing bowl or colander and rinse under cool water. Shake off excess, but the potatoes and apples should still be lightly damp.

Sprinkle rosemary plus salt and pepper over top and mix to coat using your hands.

Add more spices and repeat. Repeat a third time if desired.

Transfer coated potatoes and apples to cookie sheet, making sure there is no overlap.

Bake for 15 to 25 minutes or until fully cooked and crisp. For added crispness, try broiling for a minute or two, but keep a watchful eye so you don't burn your home fries.