



Cilantro And Lemon Sweet Potato Fries

Ingredients

4 large sweet potatoes, scrubbed clean and sliced into fry wedges
2 tsp freshly grated lemon zest
1/3 cup olive oil
1/3 cup chopped cilantro (finely diced)
1 small clove garlic
Salt and pepper to taste

Directions

1. Preheat a griddle or saute pan.
2. Combine half of the cilantro and the garlic in a food processor until well blended. Pour mixture into a Ziploc bag along with the olive oil, and then add in the sweet potatoes. Shake to fully coat.
3. Once coated, place wedges on the griddle or pan. Cook for 3-4 minutes on each side or until desired tenderness is achieved.
4. Remove and serve.

Nutrition Facts

Serving size: 1 serving
Recipe yields: 4 servings
Calories: 270
Total Fat: 18 g
Total Carbs: 26 g
Protein: 2 g