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Crispy Sweet Potato Wedges

Makes 1 to 2 servings

1 large sweet potato
1 ½ Tbsp coconut oil
½ tsp dried rosemary
Pink Himalayan salt and black pepper to taste
½ tsp chili flakes (optional)

1. Preheat oven to 425 F.
2. Wash the sweet potato, but do not peel it. Cut it into wedge-shaped pieces. The thin wedge shape is important for crispiness. Each wedge should have an edge with skin about ½ inch wide.
3. Place the wedges in a large bowl with the coconut oil, rosemary, salt and pepper, and, if desired, chili flakes. Toss to coat all wedges in oil and spices.
4. Spread the wedges evenly in a single layer on a baking sheet. Bake for 15 minutes, then flip each wedge over. Bake for an additional 8 to 10 minutes.
5. Allow the wedges to cool for 5 minutes. Enjoy with unsweetened organic ketchup, mustard, or homemade mayonnaise or aioli.

Vatiation: Toss with a clove of minced garlic before baking.