

Fried Sweet Potatoes

Unit: Large Skillet or Electric Skillet

2 to 4 Sweet Potatoes

Preheat the skillet on medium-high heat for 3-5 minutes.(325 for electric skillet) Cut the sweet potatoes length wise into quarters. They will look like steak fries. Put a thin layer of high-heat oil into the skillet. (Coconut oil or avocado oil works great!)

****Do not use olive oil****

Place the wedges into the skillet face down and leave the lid cracked open. Reduce the heat to medium if you are using a stove top unit. Flip them to the other flat side when they are crisp and add a bit of more oil if desired. Seal the lid after you flip them and cook until they are tender if you stick them with a fork. (about 5-10 minutes)



HEALTH QUEST