

PREPARATION: 15 MINUTES

COOKING: 10 MINUTES + 30 MINUTES OVEN

4 SERVINGS

SWEET POTATO FRIES

INGREDIENTS

500 g sweet potatoes, peeled and cut into 2 to 4 pieces

1 tablespoon canola oil

1 teaspoon paprika

1 teaspoon freshly ground black pepper

2 tablespoons chopped fresh parsley

Zest of 1 orange



PREPARATION

- 1 Bring a large pot of water to a boil. Add the sweet potato pieces and boil for 5 minutes. Drain.
- 2 Repeat with fresh water. Drain well, then place the sweet potatoes on a clean, lint-free kitchen towel to dry.
- 3 Cut the sweet potatoes into fries.
- 4 Position an oven rack in the middle of the oven and preheat to 375°F. Line a baking sheet with parchment paper.
- 5 Toss the fries with the canola oil, paprika and black pepper. Arrange in a single layer on the prepared baking sheet, leaving space between the fries.
- 6 Roast for 15 minutes. Turn the fries and roast for another 15 minutes, or until golden brown.
- 7 Garnish with parsley and orange zest. Serve immediately.

Nutrient Analysis

Per serving: ¼ of recipe

Calories	131 Kcal
Protein	2 g
Carbohydrates	23 g
Fibre	4 g
Sugars	7 g
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Potassium	175 mg*
Phosphorus	44 mg

* Double boiling may reduce potassium content by up to 50%.

Suitable for

- ✓ CKD, not on dialysis
- ✓ Hemodialysis
- ✓ Kidney transplant
- ✓ Diabetes