Sweet Potato Home Fries
_in a new light_

Makes: 6 servings
Prep Time: 10 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:

- 4 small (5-ounce) sweet potatoes, cut into 1/2-inch cubes (leave skins on if desired, for a little extra fiber)
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- Pinch cayenne pepper (optional)

Directions:

Place sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil, reduce heat, and simmer until barely tender, 6–8 minutes. Drain well in colander and pat dry with paper towels.

Heat oil in a large cast-iron skillet over medium-high heat until just starting to simmer. Pat potato cubes dry again with paper towels; add to skillet. Let cook undisturbed 3 minutes; turn and continue cooking until crisped and browned on most sides, about 10 minutes. Sprinkle with salt, sugar, and cayenne, if using; serve immediately.

Nutritional Information: Per serving (generous 1/2 cup): 90 calories, 2.5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 150 mg sodium, 17 g carbohydrate, 3 g fiber, 1 g protein.