Sweet potatoes are starchy root vegetables that are rich in fiber, minerals and vitamins. They contain vitamin A to enhance vision, and the fiber and antioxidants improve digestive and immune health. Studies have also shown that the nutrients in sweet potatoes can boost learning and memory.

Total cost: $6.57/$1.10 per serving

**Fries**
- 3 large sweet potatoes
- 5-7 tablespoons of cornstarch
- 1 ½ teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Olive oil, as needed

**Maple Ketchup**
- 7 ounces tomato paste
- ½ cup distilled white vinegar
- 4 tablespoons pure maple syrup
- 4 tablespoons water
- 1 teaspoon salt
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder

Serves 6

216 calories per serving
Sweet Potato Fries with Maple Ketchup

Maple Ketchup

Combine ingredients in medium saucepan over medium-high heat.
Whisk to blend ingredients until smooth.
Bring mixture to a boil, reduce heat and simmer, stirring frequently and scraping the sides of the saucepan with a spatula.
Simmer until thickened as desired (at least 20-25 minutes).
Remove pan from heat and allow to cool.
Transfer sauce to a jar, cap tightly. Refrigerate until needed. Makes about 1½ cups.

Fries

Preheat oven to 425 degrees.
Peel and cut sweet potatoes into fries no thicker than a ½ inch.
Soak in bowl of water at least one hour, preferably half a day.
Drain water, lift cut potatoes by the handful, giving them a good shake. They should be moist enough for the cornstarch to stick.
Put cornstarch in a plastic bag and add cut sweet potatoes. Blow a little air into the bag, twist the top and shake vigorously.
Place coated potatoes on one or two baking sheets lined with parchment paper. Sweet potatoes should not be crowded on the baking sheet or they’ll steam instead of get crispy.
Brush sweet potatoes with olive oil to reduce sticking and improve crisping. (Tip: Spray oils provide great coverage with fewer calories.)
Bake 15 minutes then check. When bottom of fries are getting crisp, flip them over and cook 5-10 more minutes.
Serve with sauce on the side.