

Betty's Baked Sweet Potato Fries and Dipping Sauce

--ONE Campaign



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The sweet potato is a symbol of hope in One's campaign to fight malnutrition. Every child deserves to grow up healthy. Sign One's petition to end global malnutrition now, http://act.one.org/sign/sweet_potato/...

In this video, Betty demonstrates how to make Baked Sweet Potato Fries with Sour Cream/Brown Sugar Dipping Sauce.

Sour Cream/Brown Sugar Dipping Sauce:

1 cup fat free sour cream

½ cup brown sugar, firmly packed

Combine the sour cream and brown sugar in a small pot. Bring to a boil over medium heat, stirring constantly. Remove from heat and let cool to room temperature. Cover with plastic wrap and chill until serving time. Serve as a dipping sauce for Baked Sweet Potato Fries.

Baked Sweet Potato Fries:

2 orange sweet potatoes, peeled and cut for French fries

1 teaspoon salt

fresh ground black peppercorns

extra virgin olive oil

sprinkling of sugar

Place cut sweet potatoes in a large bowl. Cover with plastic wrap. Microwave on HIGH 4 to 5 minutes, checking after 2 minutes to shake bowl around to redistribute the sweet potatoes. Continue to cook, until the sweet potatoes are "tender-crisp," as determined by a fork. Drain any water that may have collected inside the bowl of sweet potatoes. Add 1 teaspoon salt, a grinding of black peppercorns, and 2 tablespoons extra virgin olive oil. Toss gently with tongs to coat the sweet potatoes with seasonings and oil. Remove with tongs to a rack resting on top of a foil-lined baking pan and place seasoned fries in a single layer on the rack. Bake at 375 degrees (F) for 10 minutes, then increase heat to 400 degrees (F) and bake an additional 10 minutes, or until Baked Sweet Potato Fries begin to brown and are slightly crisp. Remove from oven and let rest for 10 minutes. Serve with Sour Cream/Brown Sugar Dipping Sauce. Enjoy! --Betty ♥

Remember to take action against global child malnutrition at ONE.org.
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