

Sweet Potato Fries



Serves	4
Prep time	15 minutes
Cook time	10 minutes
Total time	25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Side Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
Occasion	Barbecue

Ingredients

- 2 Medium sweet potatoes
- Canola oil spray
- Salt

Directions

1. Peel and slice the sweet potatoes into thin rectangles. (I use an attachment on my food processor.)
2. Place the sweet potato into a saucepan of boiling water with a pinch of salt and cook for 5 minutes.
3. Drain the sweet potatoes and set aside until ready to cook.
4. Lightly spray the potatoes with canola oil spray, then cook on the BBQ until tender.
5. Sprinkle with salt and serve immediately.



Note

Moderate Salicylates, Low Amines, Low Glutamates