

## Edible Perspective

3.12.12

### Tahini Honey Sweet Potato Fries [2-3 servings]

- 1lb sweet potato, sliced ~1/4" thick
  - 2T tahini
  - 1T raw honey
  - 1/2T safflower oil
  - 1.5T apple cider vinegar
  - 1/4-1/2t salt
  - 1/4-1/2t cayenne [opt]
1. Preheat your oven to 375\* and line a large baking sheet with parchment paper [optional].
  2. In a large bowl, whisk together the tahini, honey, oil, vinegar, salt, and cayenne [if using].
  3. Pour the sliced potatoes in and toss until well coated.
  4. Spread in a single layer on the baking sheet and sprinkle with a little more salt.
  5. Bake for about 40-45min, until golden brown. Turn fries at 20min and toss once more towards the end. You may also want to rotate your baking sheet [half way through] to ensure even cooking.

**notes:** Natural peanut butter or cashew butter can be subbed for tahini. Feel free to add the cayenne or not. The sweet + spicy was a great combo. For best cooking results, slice or cube the potato to about 1/4" thickness. Check [this post](#), for a fry slicing tutorial.