



French Fries At Home

Sweet Potato vs. White Potato

24 grams	Carbs	29 grams
7 grams	Sugar	2 grams
4 grams	Fiber	3 grams
2 grams	Protein	3 grams
22,000 IU	Vitamin A	14 IU
22 mg	Vitamin C	17.4 mg
542 mg	Potassium	750 mg
31 mg	Magnesium	37 mg
0 mg	Iron	1 mg
43 mg	Calcium	0 mg



Benefits of Home-Made Fries:

- Baking your french fries, instead of frying them, decreases the amount of fat
- Making fries at home allows use of vegetable oil which is lower in saturated fat than lard, butter, and other fat-sources
- Salt Control: making fries at home allows you to limit the amount of salt added

Think Before You Peel!

- Potato skins are a great source of fiber, consider letting them be a part of your next sweet potato dish!
- leaving potato skins on during cooking keeps nutrients from boiling out of the potato. Extra fiber and nutrients! A win-win!

A Season for Seasoning:

Ideas for seasoning potato dishes

Indian-Inspired: turmeric, cumin, coriander, mustard chili powder

Italian-Inspired: oregano, thyme, garlic powder, basil

Mexican-Inspired: cumin, chili powder, oregano, cayenne

Cajun-Inspired: cayenne, paprika, oregano, thyme, mustard

French-Inspired: nutmeg, thyme, garlic powder, rosemary, oregano, herbs de provence

Thai-Inspired: basil, cumin, garlic, ginger, turmeric, cardamom

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Baked Homemade French Fries



INGREDIENTS:

- 2 medium potatoes (white or sweet potatoes will work!)
- 2 Tbsp vegetable oil (olive, canola, etc.)
- 1 tsp salt
- ¼ tsp onion powder
- ¼ tsp black pepper
- ½ tsp dill weed

Optional: parsley, chives, nutritional yeast, garlic powder, paprika

Get creative with your seasoning!

DIRECTIONS:

Preheat oven to 450 degrees F. Coat a large baking sheet with 1 Tbsp vegetable oil. Scrub your potatoes and cut into ¼-inch wide sticks. Place potato sticks in a large bowl and cover with hot tap water, allow to sit for 10 minutes. Drain potatoes and pat dry with a paper or cloth towel, the drier the better! Clean out the large bowl used to soak the potatoes and place potatoes back in. Drizzle the remaining olive oil and all of the seasonings and stir until the potatoes are well coated. Spread the potatoes in a single layer on the baking sheet. Bake for 15-20 minutes, flip, and bake for an additional 5-10 minutes.



Easy Plant-Based Ranch Dip

Ingredients:

- 1 cup raw cashews (soaked in hot water for 30 minutes) OR vegan mayo
- ¾ cup unsweetened almond/cashew/soy milk
- 2 tsp lemon juice
- 1 clove of garlic peeled
- ½ tsp sea salt
- Pinch of black pepper
- ¼ tsp onion powder
- 1 ¼ tsp apple cider vinegar
- ½-1 tsp maple syrup, agave, or honey
- 1 Tbsp fresh dill OR 1 tsp dried dill
- Optional: parsley, chives

Instructions:

- Soak cashews in very hot water for 30 minutes -1 hour. Measure out almond milk, add lemon juice, and set aside. Drain and rinse cashews several times then transfer to a blender and add almond/lemon mix, garlic, salt, pepper, onion powder, vinegar, and maple syrup. Blend on high for 1-2 minutes or until very creamy and smooth. Add herbs and pulse several times to incorporate (you don't want it fully puréed). Use immediately at room temperature or refrigerate for 3-4 hours to chill.
- Store leftovers covered in the refrigerator up to 7-10 days.

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