

# Sweet Potato Home Fries

By substituting sweet potatoes for white potatoes, you will increase the disease-prevention qualities of your skillet potatoes.

## INGREDIENTS

- 1 1/4 pounds sweet potatoes, cubed (1/2-inch)
- 1 teaspoon + 1 tablespoon olive oil, divided
- 2 1/2 tablespoons chopped hazelnuts, toasted
- 2 tablespoons dried cranberries
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 1/8 teaspoon ground pepper
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## DIRECTIONS

### STEP 1

Place sweet potatoes in a large saucepan and add water to cover. Bring to a boil over high heat. Reduce heat to a simmer and cook until almost tender, 6 to 8 minutes. Drain and pat dry with paper towels.

### STEP 2

Meanwhile, combine 1 teaspoon oil, hazelnuts, cranberries, 1/8 teaspoon salt and pepper in a small bowl.

### STEP 3

Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat until it shimmers. Add the sweet potatoes and sprinkle with the remaining 1/4 teaspoon salt. Cook for 3 minutes without stirring, then stir and cook, stirring frequently, until crispy, about 5 minutes more. Transfer to a serving bowl and sprinkle with the cranberry-hazelnut mixture.

### Notes:

*For the best flavor, toast nuts before using in a recipe. To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.*

## NUTRITION FACTS

Serving Size: 3/4 cup - Serves 4  
Per Serving: 119 calories, total carbohydrate 13g, dietary fiber 2g, total sugars 6g, protein 1g, total fat 7g, saturated fat 1g, cholesterol 0mg



**Wisconsin Athletic Club**

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