

# SWEET POTATO FRIES

## INGREDIENTS

*1 lb sweet potato, peeled and cut into fries*

*1 tablespoon canola oil*

*2 teaspoons paprika*

*1 teaspoon black pepper*

*2 tablespoons flat leaf parsley, chopped*

*2 tablespoons orange zest (zest of 1 orange)*

## PREPARATION

- 1** Bring a large pot of water to a boil. Add the cut sweet potatoes and cook them for 5 minutes. Drain the water.
- 2** Bring fresh water to a boil and cook the potatoes for 5 minutes for a second time. Drain the water and place the fries on a clean, lint-free kitchen towel to dry.
- 3** Line a baking tray with parchment paper. Mix the fries with canola oil and season with paprika and black pepper. Distribute the fries on the tray so that there is space between them.
- 4** Set the oven to broil and broil the potatoes for 1-2 minutes with tray on the upper rack. Turn fries and broil for another 1-2 minutes until the potatoes are golden brown.
- 5** Garnish with parsley and orange zest. Serve fresh from the oven.

## SUGGESTION

✓ *Replace the parsley with chopped coriander to add another flavor.*



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## Nutrient Analysis

### PER SERVING

¼ of recipe

#### Renal/Diabetic Exchanges:

1 Higher-Potassium Starchy Vegetable + 1 Fat

Calories **126**

Protein **2g**

Total Carbohydrate **22g**

Fiber **4g**

Sugars **7g**

Fat **4g**

Saturated **0g**

Cholesterol **0mg**

Sodium **33mg**

Potassium **312mg**

Phosphorus **43mg**

Calcium **43mg**

Iron **1mg**

Magnesium **25mg**

Vitamin C **21mg**

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- CKD Non-Dialysis**
 **Dialysis/Diabetes**  
 **Dialysis**
 **Transplant**

## POTASSIUM CHECK ✓

### Sweet potatoes and the kidney diet

Those with chronic kidney disease often need to be mindful of their potassium intake and are advised to eat lower-potassium foods or monitor the portion size of higher-potassium foods in their diet. Fruits, vegetables, and dairy products tend to be higher in potassium. Within each of these food groups, however, you can still find lower-potassium items to enjoy. Ask your registered dietitian for a list of these foods and advice about the amount right for you.

Most foods in the starchy vegetable group are considered to be very high in potassium. The highest potassium foods in this group are sweet potatoes, yams, potatoes, pumpkin and squash. When following a lower-potassium diet, you likely will not be able to safely eat these foods on a regular basis; however, there is a way to remove some of the potassium from a few of these foods so you don't have to give them up completely.

Lower the potassium content in these foods by peeling, boiling, and draining them before use. For example, a sweet potato that has been peeled and then boiled has 32% less potassium than a raw sweet potato. Even though the potassium content is less per serving, the portion size is still important. Ask your registered dietitian how much sweet potato prepared this way is right for you.

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