

## **RECIPE: SWEET POTATO FRIES**

### **VEGETABLES**

**Sweet potatoes (medium large), 3**

### **SPICES & SEASONINGS**

**Nutmeg (or 1-2 teaspoons ground), 1 whole**

**Kosher salt**

### **CONDIMENTS & OIL**

**Extra virgin olive oil, 1-2 tbsp.**