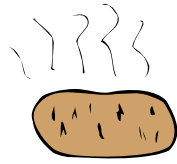


Healthy Recipe of the Week



Use organic ingredients whenever possible.

Sweet & White Potato Spears

Originally from Kraft Food and Family - Winter 2007

8 servings

1 1/2 lb. sweet potatoes (about 3), cut into spears

1 1/2 lb. baking potatoes (about 3), cut into spears

1/2 cup Italian Dressing (Look for a healthier version at a Health Food Store, or in the natural food aisles of your local supermarket).

1/4 cup grated Parmesan cheese

2 Tbsp. chopped fresh parsley

Preheat oven to 375 degrees. Toss potatoes with dressing.

Place on lightly greased baking sheet or in 15x10x1-inch baking pan.

Bake 30 minutes. Turn potatoes. Bake an additional 30 minutes, sprinkling with cheese during last 5 minutes. Sprinkle with parsley.

For extra zip, sprinkle with a little garlic powder before baking.