**Chunky Sweet Potato Fries with Spinach Pesto**

**Ingredients:**

2.5 lbs. Sweet Potatoes (purple, Japanese or orange) cut into thick fries

1 tsp dried Oregano or Thyme

***Spinach Pesto***

3 cups baby Spinach, loosely packed

1 cup fresh Basil or Parsley, loosely packed

2 to 3 TBL fresh Lemon juice, to taste

1.5 Garlic cloves

 3 TBL water or Liver Rescue Broth

½ tsp Raw Honey

**Directions:**

Preheat Oven to 400 degrees

Line two large baking sheets with parchment paper.

Spread the sweet potato fries into a single layer over the baking trays and sprinkle them with dried oregano or thyme.

Bake 40 to 45 minutes or until golden and cooked through.

While the fries are baking, place all the pesto ingredients a blender or food processor and process until combined leaving a little texture. Scarpe down the sides as needed. Taste and adjust seasoning as desired.

When the fries are ready, remove them from oven and serve with pesto.

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