

Home Fried Sweet Potatoes

from In Our Grandmothers' Kitchens

Ingredients:

1 medium sweet potato (peeled if you like)
1 small-to-medium onion, peeled
a splash of olive oil
1/2 teaspoon salt
lots of freshly ground pepper
chopped herb or spice of your choice: I like parsley or rosemary or sage or thyme; I also like a toasted cumin seed with or without a little cilantro

Instructions:

Cut the sweet potato into very tiny cubes, about 1/4 inch square or even smaller. Dice the onion into pieces of a similar size.

In a nonstick pan over medium-high heat warm the oil until it begins to shimmer. Toss in the sweet-potato and onion pieces. Let them brown for a couple of minutes, then add the salt and pepper and turn them. Cook, stirring occasionally and adjusting the heat to keep the sweets from burning, until the potatoes and onions are brown and cooked, about 10 to 12 minutes. (The sweet-potato pieces should be able to be pierced easily by a fork.)

Toss on the herbs or spices and serve. This recipe serves 2 but can be doubled or cut in half very easily.