

Strategies Applied:

- You can always precut the sweet potatoes – just drop them in water and store in the fridge. Drain and dry them well before proceeding with the recipe.
- **Sweet Potatoes:** Sweet Potatoes seem to vary in pricing a lot in my area, and they are always at their cheapest around Thanksgiving. They do last for quite awhile, so I try to pick them up on sale – even if they aren't at their cheapest (which here runs 49 to 59 cents a pound) I like to avoid paying much for than 69 to 89 cents a pound rather than the higher pricing of \$1.29 to \$1.49 a pound. Cost for 2 pounds, at 69 cents a pound: \$1.38
- **Olive Oil:** I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I think it's important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 24 cents.
- **Cornstarch:** This is one of those baking items best bought around the winter holidays when baking items are at their least expensive and coupons are available. Cost for a tablespoon: about a penny.
- **Sea Salt:** If you decide to use a Sea Salt, your cost will vary depending – I tend to use Sea Salt sparingly rather than for every day cooking, and kosher salt will work, too. There is something about the slight crunch and distinct bursts of salt flavor that helps to “make” these fries.