

Baked Sweet Potato Fries



Prep: 15 minutes

Cook: 30 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

4 medium sweet potatoes
3 tablespoons vegetable oil
1 teaspoon salt
1/2 teaspoon black pepper

Optional

Paprika, cayenne, and cumin, in small amounts, would be delicious as additional seasonings. Russet potatoes can be substituted for the sweet potatoes.

1. Pre-heat oven to 425°.
2. Wash the sweet potatoes, pat dry with paper towels. Leaving the skin on, cut the sweet potatoes in half lengthwise.
3. Cut each half into 1/2 inch French fry-like strips.
4. Place all of the cut fries into a large bowl.
5. Toss the sweet potato fries with the oil and sprinkle the salt and pepper evenly over.
6. Spread out on a baking sheet or roasting pan in a single layer, and place in the oven.
7. Bake the potatoes for 20 minutes. Using a spatula turn fries over and bake for another 10-15 minutes, until the potatoes are tender and golden.



Chef's Notes: It's important that the potatoes bake in the oven in a single layer so that they get crisp. If the potatoes don't fit in a single layer, bake them in batches or on 2 different pans.