**Baked Sweet Potato Fries**

*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.