

Sweet Potato Fries

Description

These sweet potato fries are baked (not fried) and absolutely delicious. Sweet potatoes are a nutritious superfood and sweet potato fries make a super tasty and healthy substitute for french fries made with regular potatoes.

Ingredients

- 3 medium sweet potatoes, washed and scrubbed
- 2 tbsp olive oil, infused with garlic
- 1 tsp sea salt
- 1 tbsp smoked paprika
- 1 tsp coarse ground black pepper
- 1/2 tsp garlic powder



Summary

Yield: 4

Prep Time: 30 minutes

Category: Potatoes

Cuisine: American

Instructions

Prepare some garlic infused olive oil ahead of time. You can also find infused olive oils at the store (but pretty easy to make your own). In 1/2 cup of olive oil, crush 1 clove of garlic, stir to mix well, cover and let stand overnight in the refrigerator to infuse.

Wash and scrub the sweet potatoes. Cut vertically, length wise into long 1/4" strips (like french fries).

In a small bowl, mix the salt, pepper and paprika.

Place the sweet potatoes and the garlic infused olive oil in a 1 gallon zip-lock plastic bag, seal and shake well to thoroughly coat the potatoes in olive oil. Add 1/2 the spices (salt, pepper, and paprika) to the plastic bag, and shake to thoroughly coat the potatoes.

Place the sweet potatoes in a baking dish or flat broiler pan. Sprinkle the rest of the spices over the potatoes and bake at 400° for 20 to 30 minutes, until tender with to pierce with a fork. To crisp around the edges, you can place under the broiler for 5 minutes after baking.

Notes

Sweet potatoes stand up nicely to a little heat (chiles), so add some chipotle or cayenne pepper to the mix of spices if you like to kick up the heat a bit.