



yum!

SWEET POTATO FRIES

adapted from:
<https://tastesbetterfromscratch.com/sweet-potato-fries/>

Ingredients Servings: 4

- 2 sweet potatoes
- 2 tablespoons olive oil
- 2 1/2 tsp. cornstarch

Seasoning

- 1/2 tsp. garlic powder
- 1/4 tsp. chili powder
- 1/2 tsp. ground pepper
- 2 tablespoons parsley flakes

Instructions

- ✓ Peel and cut sweet potatoes into “matchsticks” about 1/4 inch thick, making them as uniform in size as possible. Then, add them to a bowl and cover with cold water. Refrigerate for 30 minutes, or up to overnight. Drain and pat very dry.
- ✓ Preheat oven to 425 degrees. Line two baking sheets with parchment paper or silicone baking mats.
- ✓ Mix cornstarch, garlic powder, chili powder and pepper together in a bowl. Add the sweet potatoes to a large resealable bag. Toss evenly with oil, then add spice mixture and toss to coat evenly.
- ✓ Divide them onto the baking sheets, making sure they are not crowded or touching (otherwise they will steam, instead of roast). (Bake in two batches if you only have one sheetpan.)
- ✓ Bake for 15 minutes, remove from the oven, and flip fries to the other side. Return to the oven for 12-15 more minutes until crisp.