

Baked Sweet Potato Fries

Baked sweet potato fries are so delicious, healthy, crispy and flavorful. They make the best side dish or snack!



Ingredients:

4	Medium sweet potatoes
2 tbsps	Olive or canola oil
½ tsp	Iodized salt
¼ tsp	Freshly ground black pepper
¼ tsp	Garlic powder
¼ tsp	Cayenne pepper or spicy curry powder (optional)

Directions:

1. Preheat oven at 415° F. Line a baking sheet with nonstick aluminum foil and lightly spray it with cooking spray.
2. Cut the sweet potatoes into thin wedges about ¼" X 3".
3. Toss sweet potato wedges with seasonings and oil until evenly coated and place them in a single layer on the prepared baking sheet. Bake for 25-30 minutes or until crisp.