

Sweet Potato Oven Fries



Ingredients:

Vegetable Oil, for lightly coating
4 large sweet potatoes, peeled
and sliced in 1/2 inch rounds or
lengthwise in wedges
2 teaspoons salt



Preparation:

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl, drizzle oil over the potatoes and toss to coat. Sprinkle salt over potatoes and toss.
3. Place sweet potato fries in one even layer onto a baking sheet. Keep space between them so they get crispy on all sides.
4. Place into the oven for 10 minutes, then flip them over. Place back in for 10 more minutes. They should be browned on the outside. Cool for 5 minutes before serving.