

## BAKED SWEETPOTATO FRIES



- 4 to 6 servings
- 35 minutes

### INGREDIENTS

- 2 pounds sweetpotato, peeled or unpeeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

### PREPARATION

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil. You may opt to use peeled or unpeeled sweetpotato roots. The peel is more nutritious as it contains dietary fiber and has more minerals like iron and zinc.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweetpotato. Spread them out on 2 rimmed baking sheets.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.