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.

Summary

Yield: 4
Prep Time: 30 minutes
Category: Potatoes
Cuisine: American

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

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 back, 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.

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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.