

Oven Baked Sweet Potato Fries

IOWA

Student Wellness

Ingredients

1 medium to large sweet potato

1-2 tablespoons olive or vegetable oil

1 tablespoon spice or spice combination of your choice: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.



Makes 2 servings

Directions

1. Preheat oven to 450°F. (Or 500°F for more crispness)
- 2 Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise then into wedges. If potatoes are long, you may need to cut them in half crosswise before cutting into wedges.
- 3 Put the sweet potatoes into a bowl and add the oil. Mix well to combine. Sprinkle with salt and spices of your choice then mix until all pieces are coated with oil and spices.
- 4 Spread the sweet potatoes out in a single layer on a baking sheet.
- 5 Bake for 15 minutes, remove from oven and turn over all potato pieces. Return to the oven and bake for another 10-15 or until they are well browned. Let cool for 5 minutes before serving.