

SWEET POTATO FRIES



INGREDIENTS

- 3** Sweet potatoes (large) (washed) (cut off ends) (peeled)
- 2 T** Extra virgin olive oil
- 1 T** Sea Salt (coarse)
- 1 T** Garlic powder
- Pepper (to taste)
- Thyme (garnish)
- Non-stick cooking spray

DIRECTIONS

- 1** Pre-heat the oven to 400 F intensive or 450 F
- 2** Cut the potatoes in 1/2 & lengthwise aiming for a wedge type shape
- 3** Mix the oil, sea salt & garlic powder in a bowl
- 4** Toss the sweet potatoes in the mix until they are coated
- 5** Place the sweet potatoes on a cookie sheet sprayed with non-stick cooking spray
- 6** Place the sheet in the oven & toss the fries every 15 minutes
- 7** Bake until all sides are crisp (approximately 35 minutes)
- 8** Sprinkly lightly with thyme

NOTE

For a spicier taste, add either cayenne pepper, smoked paprika, curry powder, chipotle powder or cajun seasoning & omit the thyme as a garnish



