

Sweet Potato Fries



SHORT STORY

Crispy, crunchy, a little salty—and good for you? That's the sweet potato fry! Enjoy them with tonight's dinner or serve them as an appetizer with one of your favorite dipping sauces!

OATH & GRIND
Susan Hoff
BY SUSAN HOFF

**TIME**





35 Min

**SERVES**

2-3 people

**COOK**

Oven

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INGREDIENTS

- 2 medium sweet potatoes
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cayenne pepper
- 2 tsp. garlic powder
- red pepper flakes, for garnish
- 2 tsp. rosemary

INSTRUCTIONS

1. Preheat the oven to 425° and line a large cookie sheet with parchment paper.
2. Using a potato peeler, remove the skins from the sweet potatoes and then cut them into small, similarly-sized fries so that they will cook evenly.
3. Drizzle the olive oil over the fries and add all of the above seasonings. Toss them in the olive oil and seasonings and then spread them out on the cookie sheet.
4. Place the cookie sheet in the oven to bake for 20 minutes. After the initial 20 minutes, flip the fries and allow them to bake for another 10-15 minutes. Check on them frequently to make sure they are still crisping and not burning.
5. Once they have puffed and crisped to perfection, remove them from the oven and serve!