

Roast Sweet Potato Fries

I eat these frequently for dinner with a large salad mixed with avocado. It is filling, satisfying and nutritious. I like it especially when I am tired and don't want to cook much.

2-4 servings

3-4 organic sweet potatoes

Olive oil

Sea Salt & fresh pepper

START

Preheat oven to 425.

Place a rimmed baking sheet in the oven for 5-10 minutes while you prepare the sweet potatoes, you want the pan to be very hot.

PREPARE THE POTATOES

If they are organic you can leave the skin on. If not peel them.

Cut the sweet potatoes to look like big fries about 3 inches long and 1/2 to 3/4 inches thick. Don't go crazy trying to get them perfect. Anything close is fine.

In a large bowl toss sweet potatoes with just enough oil to coat.

Sprinkle with salt and pepper or spices if you are using them

TAKE THE PANS OUT OF THE OVEN

Spread sweet potatoes in single layer on the hot baking sheet, being sure not to overcrowd.

Bake until sweet potatoes are tender and golden brown, turning so they brown on both sides, about 30 minutes.

Optional spices:

Mix together before sprinkling on potatoes

2 tsp ground coriander

2 tsp ground cumin

1 tsp ground fennel

½ tsp cayenne

Or

Smoked Paprika sprinkled on makes a nice roasted flavor

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