



CRISPY BAKED SWEET POTATO FRIES

Serves about 6

Ingredients

4 large sweet potatoes, well scrubbed with any roots removed
Cornstarch for dusting, 2-3 tablespoons in a gallon size, zip-top bag
¼ cup olive oil
Kosher salt and freshly cracked pepper for seasoning

Directions

1. Pre-heat oven to 425°.
2. Slice sweet potatoes into approximately 4-inch long and 1/4-inch thick fries. (Leaving the skin on is OK.) The length isn't important, but you'll want the thicknesses to be about the same for uniform cooking.
3. Working in batches, place fries in bag of cornstarch. Coat very lightly, shake off any excess and place on a non-stick baking sheet. Leave plenty of space between the fries or they'll just steam and turn out soggy. You'll probably need 2-3 baking sheets.
4. Drizzle olive oil over sweet potatoes, coating well. Use a spatula to turn them as needed to ensure complete coverage.
5. Bake for 15 minutes and then give them a good shake or flip with a spatula. Continue baking for another 10-15 minutes depending on your oven. The fries should be golden and crispy. Sprinkle with salt and pepper.

