



## **Baked Sweet Potato Fries**

4 servings. Ready in 40 min.



### Ingredients

Extra-virgin olive oil or Avocado oil, 1 tablespoon

Sweet or Russet Potatoes (about 2 medium/large or 3 medium), 1.25 lb

Cornstarch, 0.5 tablespoon

Sea Salt, 0.5 teaspoon

### Instructions/Preparation

1. Preheat oven to 420 F.
2. Line a large, rimmed baking sheet with parchment paper so the fries don't get stuck to the pans (foil can work you just have to grease it well).
3. Cut the sweet potatoes into slices about ¼" wide and ¼" thick. Try to cut them into even sized pieces so the fries will bake evenly.
4. Place the fries on the baking sheet and sprinkle with the cornstarch. Toss until the fries are well coated, rubbing in any excess.
5. Drizzle the olive oil over the fries followed by the salt and toss until the fries are evenly coated.
6. Spread your fries out evenly on the baking sheet (overcrowding will make them less crispy).
7. Bake for 22 minutes, then flip/toss the fries.
8. Return to the oven and cook for another 8-12 minutes or until the fries are crispy. Keep an eye on them, as they can turn from crisp to burnt quickly.
9. If desired, toss the baked fries with seasonings to taste (like garlic powder or cayenne). Enjoy!

### Extra comments/notes

See video on how to make them here: <https://youtu.be/HJl7rG5TSNs>

