SWEET POTATO FRIES

Ingredients

- 3 medium sweet potatoes
- 2 tablespoons organic canola oil (or another high-heat cooking oil)
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper

Directions

- **1.** Preheat oven to 425°F. Cover baking sheet with foil.
- 2. Cut sweet potatoes into large match-stick pieces. In large bowl, toss sweet potatoes with oil and spices. Spread evenly in single layer onto baking sheet.
- 3. Bake 15 minutes. Remove from oven and flip fries. Bottom side should be golden brown. Return to oven and bake another 15 minutes, until fries are golden brown all over.

