

Sweet Potato Fries

Ingredients

- 4 Sweet Potatoes (medium, peeled, cut into thin fries)
- 2 T Cornstarch (plus 2 teaspoons)
- 2 T Olive Oil

Instructions

- 1.Preheat oven to 400°F. Line a large baking sheet with a silicone baking mat, set aside.
- 2.Wash and peel the potatoes. Cut off the ends. With a sharp knife, cut the potatoes into thick fries. Place in a large bowl.
- 3.Add cornstarch in bowl with potatoes and toss. You want a nice thin coating. Add the olive oil and additional seasoning(s) of choice.
- 4.Line the sweet potatoes onto the baking sheet. Do not crowd them and bake for 15 minutes. Remove from the oven and flip fries. Rotate the pan and place back into the oven for 10 more minutes.
- 5.Turn the oven off and keep the fries inside as the oven cools down until the fries are nice and browned about 10 minutes. Keep an eye on the fries in case they burn. Enjoy immediately.