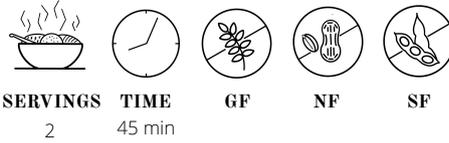


**CRISPY OVEN-
ROASTED SWEET
POTATO FRIES**



CRISPY OVEN-ROASTED SWEET POTATO FRIES



INGREDIENTS

3 medium sweet potatoes, peeled
2 tsp (8 g) arrowroot starch*
2 tsp (10 mL) vegetable oil
1 tsp (4 g) onion powder
1 tsp (4 g) dried oregano
½ tsp paprika powder
½ tsp salt

DIRECTIONS

1. Pre-heat the oven to 425°F (220°C).
2. Cut the sweet potatoes into ½ inch (1 cm) thick fries. Try to cut the fries in similar thickness, so they will cook evenly.
3. Soak the fries in cold water for about 5 minutes to remove the starch. This will help to get crispier fries.
4. Drain, then dry the fries well using a clean kitchen cloth.
5. Transfer the potatoes to a parchment lined baking tray. Cover with arrowroot starch and massage into the sweet potatoes using your hands; this is optional, but does help to crisp up the potatoes.
6. Then cover with oil, onion powder, oregano, paprika powder, and salt and toss to coat.
7. Divide the fries over two parchment paper lined baking trays and spread them apart, leaving as much room as possible between the potatoes; if you over-crowd them, they become soggy when cooked.
8. Bake the fries in the preheated oven for 20 minutes. Flip the fries and switch the upper and lower baking tray. Bake them in the oven for another 10 minutes, or until they're golden. The fries continue to harden as they cool off; enjoy them with your favourite dip.

NOTES

- * Can use cornstarch or flour instead, if desired.
- **Storage:** best if enjoyed immediately. Can store in an air-tight container in the fridge for up to 2 days; it's recommended to re-heat in the oven to crisp the fries back up.