



Baked Sweet Potato Fries

MyPlate2Yours - Lynn Dugan

Ingredients

3 sweet potatoes, peeled and sliced into 1/4 inch strips
2 tablespoons cornstarch
1-1/2 tablespoons (1 tablespoon plus 1-1/2 teaspoons) olive oil
1 teaspoon each: salt, cinnamon
1/8 to 1/4 teaspoon cayenne pepper
freshly ground pepper

Directions

Preheat oven to 400°F. Place potatoes in a large bowl. Sprinkle with cornstarch and toss to coat. Drizzle olive oil over potatoes. Toss. Mix spices together and sprinkle over potatoes. Toss until evenly distributed. Spread potatoes onto two baking sheets.

Place potatoes in oven. After 8 minutes, remove from oven and turn potatoes. Return potatoes to oven for 8-10 minutes more. Turn off oven and let potatoes sit until ready to serve (up to 30 minutes). Enjoy!