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Baked Sweet Potato Fries



Ingredients

2 pounds sweet potatoes (about 4 small)
2 tablespoons olive oil
1 1/2 teaspoons chili powder
1 1/2 teaspoons kosher salt

Preparation

- 1 Preheat the oven to 425°F. Cut each sweet potato in half lengthwise, and place it flat side down on a cutting board. Cut the potato halves into 1-inch-wide wedges.
- 2 In a small bowl, combine the oil, chili powder and 1 teaspoon of the salt. Place the potatoes on a roasting pan and brush with the oil mixture. Lay the potatoes flesh side down on the pan and put the pan in the oven.
- 3 Cook until potatoes, turning once, until soft, 20 to 25 minutes. Remove the pan from the oven and season with remaining 1/2 teaspoon salt. Let the wedges cool for a bit, and serve warm.
- 4 For dunking, ketchup always works (at 15 calories per tablespoon) or try a squeeze of fresh lime juice for a British chips-and-vinegar effect.
- 5 (Source)

Cooks Note

Healthier than regular french fries and even more delicious!