

# Sweet Potato Fries



**Serves Four to Six as a Side Dish**

## Steps

1. Preheat oven to 400F°. Line two sheet pans with foil and spray with non-stick spray or brush with oil.
2. Add the oil, salt, pepper, thyme (and other spices if desired) in a large bowl and whisk well.
3. Cut potatoes into strips that are about  $\frac{1}{4}$ -inch to  $\frac{1}{2}$ -inch wide and about 3 - 4 inches long. Place cut potatoes in the bowl and toss well ensuring potatoes are coated.
4. Spread the potatoes out between the two sheet pans making sure they remain in a single layer.
5. Bake for about 15 minutes then carefully flip over the potatoes to cook/brown/crisp the other side (another 15 minutes or so). Serve hot.

## Ingredients

- 2 pounds sweet potatoes, peeled
  - $\frac{1}{4}$  cup olive oil
  - 1 teaspoon kosher salt
  - $\frac{1}{2}$  teaspoon freshly ground pepper
  - 2 - 3 teaspoons fresh thyme leaves
- You can also try adding 1 teaspoon of garlic powder and 1 teaspoon of paprika for another layer of flavor.