

Sweet Potato Fries

Ingredients:

4 medium Sweet Potatoes

¼ Cup Vegetable or Olive Oil

to taste Salt & Pepper

Alternative seasoning: Paprika, Garlic, Chili, Cinnamon, Sugar

Preparation:

(oven baked method)

Preheat oven to 325F. Wash and scrub sweet potatoes, removing the eyes. Cut into the size of steak fries. Season potatoes to taste with salt or pepper. Place potatoes on greased baking sheet. Check periodically turning over when brown. Potatoes are done when they are brown on both sides. Potatoes cook quickly between 12-15 minutes.

(deep fried method)

Prepare and season potatoes as above. Heat oil in frying pan (there should be enough oil to cover fries). Place the potatoes in heated oil, flipping over when brown. Remove and place on kitchen or paper towel to remove excess oil. Potatoes when browned are soft, not hard, and cook quickly. Cooking time is between 2 and 4 minutes.

Serves: 4

