

Crispy Baked

Sweet Potato Fries:



What you'll need:

- 4 sweet potatoes, medium sized*
- 1-2 tablespoons cornstarch
- Olive oil
- Salt and pepper
- Cumin (optional)

Directions:

1. Preheat oven to 425 degrees
2. Peel sweet potatoes and cut into fry shaped pieces
3. In a large bowl or gallon size plastic bag, toss sweet potatoes, 1 tablespoon cornstarch, salt, pepper and cumin (optional) until well coated. Add additional tablespoon of cornstarch, if needed.
4. Pour fries directly onto a baking sheet, arrange in a single layer
5. Bake for 15 minutes, then flip over
6. Bake for an additional 10-15 minutes, or until crispy and slightly puffy

*WIC approved food