



# SWEET POTATO FRIES

that are *ACTUALLY* crispy!

We all know that sweet potato fries are healthier when they're baked and not fried, and that the sweet potato offers added nutrition that the regular white potato doesn't. That being said... if you've ever made your own sweet potato fries, you may have been disappointed to end up with soggy baked fries. Here are some tips and tricks to make TRULY crispy oven baked sweet potato fries!



## INGREDIENTS

2 sweet large potatoes  
4 tsp corn starch  
2 tsp oil (I prefer  
coconut or olive)  
½ tsp garlic powder  
(or other seasoning)  
cooking spray  
salt to taste

## PROCEDURE

- **CUT:** Peel potatoes and cut into even strips, so they'll cook evenly in the oven.
- **SOAK:** Place your cut fries into a large mixing bowl and fill with water and let them soak for about 45 minutes. Strain your fries and place them on a towel, patting them down to dry.
- **STARCH:** Put half of the fries into a large ziploc bag and add 2 tsp corn starch. Seal the bag and toss to coat (make sure there's a little air left in there to help them coat thoroughly). Repeat with the other half.
- **SEASON:** Pour your coated fries into a bowl and add oil and garlic powder. **WAIT** to add the salt.
- Line baking sheets with foil, shiny side down, and spray.
- **SPACING:** Do **NOT** crowd the pan. Make sure you leave space between the fries so they can breathe. You may need to bake 1 tray at a time.
- Bake in an oven preheated to 425°F for about 30 minutes, flipping halfway through.
- Remove from the oven, and add your salt to taste, tossing to coat while warm.
- These crisp up as they sit, so allow to cool slightly before devouring!

**NUTRITION\*** per serving (yields 4):  
111 calories | 21g carbs | 2g fat | 2g protein



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