

## Baked Sweet Potato Fries *Yummy and Nutritious Side*

Servings: 2      Prep time: 10 min      Cook time: 20-30 min

### INGREDIENTS

- 1 pound sweet potatoes (about 2 medium sweet potatoes), cut into matchsticks
- 2 tbsp olive oil + extra for drizzling
- 1/2 tsp salt
- 1/4 tsp black pepper



### DIRECTIONS

1. Wash potatoes before cutting and dry off.
2. Pre-heat oven to 450 degrees F.
3. Once potatoes are cut, put in a bowl and mix with oil, salt + pepper.
4. Get a baking sheet, line with foil, and drizzle some additional oil on it. Add fries, spacing them apart.
5. Bake for 10-15 minutes. Flip potatoes.
6. Bake for an additional 10-15 minutes.
7. Allow time to cool and enjoy!

*Notes: smaller fries tend to crisp up easier. Add additional seasonings to your liking.  
Adapted from: Cookie and Kate*

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