

SWEET POTATO FRIES

INGREDIENTS

- 4 sweet potatoes
- 2 Tbsp oil
- Salt and pepper
- Parmesan cheese (optional)

DIRECTIONS

Step 1

Heat oven to 450 degrees F.

Step 2

Peel sweet potatoes. Rinse and dry well. Cut into wedges or small sticks.

Step 3

Put sweet potatoes in a bowl and coat with oil

Step 4

Arrange potatoes on baking tray and bake 15 minutes. Turn the fries over and bake another 15 minutes, until slightly crispy.

Step 5

Season with salt and pepper and add parmesan cheese if you wish.

SHOPPING LIST

Sweet potatoes

Parmesan cheese (optional)