

Sweet Potato Fries

Adapted from Cooking Matters®



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Recipe

From the Poe Center

Title: **Sweet Potato Fries** *Adapted from Cooking Matters®*

Serves: 6, 8-10 fries per serving

Total Time: 55 minutes

Equipment: Baking sheet, cutting board, fork, large bowl, measuring spoons, sharp knife

Ingredients:

- 4 medium sweet potatoes
- 1 ½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 1 tablespoon canola oil
- Non-stick cooking spray

Cooking instructions:

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

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