



SWEET POTATO FRIES

Ingredients:

- 2 pounds orange fleshed sweet potatoes (about 3 large)
- 3 tablespoons extra virgin olive oil
- 1 1/2 teaspoons kosher salt
- 1 to 2 tablespoons spice or spice combination of your choice: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.



Instructions:

1. Preheat the oven to 450°F:
2. For more crispiness, preheat your oven to 500°F.
3. Place a roasting pan or heavy duty baking sheet (one that can take high heat) in the oven to preheat.
4. Peel and cut the sweet potatoes into wedges:
5. Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into 1/4 to 1/2-inch thick wedges. Alternately, you can slice the peeled sweet potato into disks either with a mandoline or a sharp knife.