

Sweet Potato Fries

Time: 45 minutes | Servings: 4

INGREDIENTS

2 sweet potatoes, cut into wedges

2 tbsp canola oil

Salt and pepper to taste

METHOD

1. Preheat your oven to 400°F.
2. Toss potato wedges in a bowl with oil and any spices you prefer.
3. Place sweet potato wedges on a lined baking sheet and place in the oven for 20 minutes.
4. After 20 minutes, flip the wedges and bake for an additional 15-20 minutes or until the insides are soft and outsides are crispy.

