



Sweet Potato Fries

Prep Time: 10 min Cook Time: 20 min Serves 2-4

Ingredients:

- 1 large sweet potato
- 1 Tbsp olive oil
- 1 tsp garlic powder
- Pinch of salt
- Your favorite seasonings

Instructions:

1. Preheat oven to 450°F.
2. Slice sweet potatoes into $\frac{1}{4}$ inch wide strips, or $\frac{1}{4}$ inch cubes. Ask for help cutting sweet potatoes.
3. Add sweet potatoes to a bowl and drizzle with just enough oil to coat.
4. Sprinkle with salt and your favorite seasonings.
5. Spread out in a single layer on a baking sheet.
6. Bake for 20 minutes, flipping half way through.
7. Let cool for a few minutes before serving.

Try making your own seasoning blend!

Here is our favorite:

1 pinch each of
Garlic Powder,
Onion Powder,
Cayenne,
Pepper and
Cumin

