

Crispy Sweet Potato Fries

Ingredients:

2 pounds sweet potatoes
1 tablespoon cornstarch
1/8 teaspoon garlic powder
1/2 teaspoon no-salt Creole seasoning
2 tablespoons extra virgin olive oil
1/2 teaspoon salt

Instructions:

1. Rinse and dry sweet potatoes. Cut out soft or discolored spots. Cut into fry shapes 1/4 inch wide and thick.
2. Place cut fries into a large bowl and sprinkle with cornstarch, garlic powder, and no-salt Creole seasoning. Toss to coat. Drizzle with olive oil and toss fries until no powdery spots are left.

Oven Directions:

1. Preheat oven to 425 degrees Fahrenheit with racks in the top and bottom, no closer than 6 inches to the heating source. Line two large baking sheets with parchment paper.
2. Arrange the fries in a single layer on baking sheets but don't overcrowd. Bake for 20 minutes then flip the fries and switch the pan that was on the top rack to the bottom and the pan from the bottom to the top.
3. Bake for an additional 10-15 minutes, or until crispy. Sprinkle with salt as soon as the fries come out of the oven.

Air fryer Directions:

4. Preheat air fryer to 390 degrees Fahrenheit. Place as many fries that will fit into a single layer in the basket
5. Cook for 4 minutes then flip the fries. Run for an additional 3 minutes. Remove the

fries with tongs and place in a single layer on a cooling rack.

6. Let the fries sit for 5 minutes, sprinkle with salt, and rest for a final 5 minutes.
7. Repeat until you run out of fries

Source: Cookie and Katie

Serves: 4

Prep Time: 5 minutes

Oven Cook time: 30 minutes

Air fryer Cook time: 35 minutes

Nutrition Facts

4 servings per container

Serving size 1 cup

Amount per serving

Calories 270

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 49g 18%

Dietary Fiber 7g 25%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 86mg 6%

Iron 2mg 10%

Potassium 1079mg 25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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