

Baked Shoestring Sweet Potato Fries

Serves 2



Ingredients

- 2 cups thinly spiral sliced sweet potato
- 1 tablespoon olive oil
- ¼ teaspoon salt

Directions

1. Preheat oven to 400°F.
2. Toss sweet potato with oil and salt and spread evenly onto a cookie sheet.
3. Bake 18-20 minutes, stirring every 5 minutes for the first 15 minutes, then watching closely for the last 3-5 minutes. Remove when sweet potatoes begin to brown but are still mostly orange. It may take more or less than 18-20 minutes depending on the thickness of the sweet potato spiral slices.

Notes

This recipe can also be made with carrots. Precut matchstick carrots can save prep time.

Recipe from Spiralize This cooking class, Spring 2017