

Sweet Potato Fries

PREP TIME: 10 MIN | COOK TIME: 15-20 MIN | SERVINGS: 3-4

INGREDIENTS:

- 1-2 large sweet potatoes, sliced matchstick style
- 3 Tbsp oil
- Salt & Pepper to taste
- 1 to 2 Tbsp spice or spice combination of your choice: paprika, garlic powder or cinnamon,

RECIPE NOTES:

- Potatoes can also be roasted in the oven at 425F for 15-25 min or until golden brown and easily pierced with a fork.
- You can use more than one type of potato if preferred.
- Get creative and add any additional seasonings as desired.

DIRECTIONS:

- Heat oil in a large skillet over medium-high.
- In a separate bowl toss the matchstick style cut potato with oil, salt & pepper and any additional spices, if using. Toss until ingredients are all well incorporated.
- Cook for 10 minutes on each side, or until potatoes are browned around the edges and tender (check to see if it is easily pierced with a fork).
- Refrigerate any leftovers and enjoy within 4 days.

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