

Sweet Potato Fries

Budget-friendly recipe

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Serves: 6

Ready in: 45 mins.

Are your kids begging for french fries? Make these delicious homemade fries and you'll both be happy!



Ingredients

4 Medium sweet potatoes
1½ teaspoons Paprika
½ teaspoon Salt
¼ teaspoon Ground black pepper
⅛ teaspoon Cayenne pepper
1 tablespoon Canola oil
Non-stick cooking spray

What You'll Need

Baking sheet
Cutting board
Fork
Large bowl
Measuring spoons
Sharp knife

Directions

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½ - inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10 - 15 minutes, or until fries are tender.
8. For easier cleanup, first line the baking sheet with a layer of aluminum foil. Coat the foil with non-stick cooking spray before placing the sweet potatoes on the sheet.
9. For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.

Chef Tips

White baking potatoes can be used in place of all or part of the sweet potatoes.

For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning.

Cut this recipe in half to save money.

Nutrition Info and more

Serving size: 8 pieces

Total calories: 90 Total fat: 3 g Saturated fat: 0 g Carbohydrates: 16 g Protein: 1 g Fiber: 3 g Sodium: 240 mg