

Crispy Sweet Potato Fries

The secret is being shared: how to make your own CRISPY sweet potato fries. I had the hardest time finding a way to make these crispy so resorted to [Alexia Sweet Potato Fries](#) (which are a great, easy & quick alternative but go too expensive). BUT I found the secret ingredient- cornstarch! Did you know sweet potatoes are Vitamin A rock-stars? One sweet potato offers 377% of your total recommended dietary allowance. For those of you that have kiddos, this can certainly be beneficial for their growth and eye health.

Ingredients:

2 lbs	Sweet potatoes, peeled
2 tbsp	Extra virgin olive oil
1 tbsp	Cornstarch
1 tbsp	Garlic powder

Directions:

1. Preheat the oven to 425 degrees
2. Prepare the sweet potatoes; peel and cut into fry shape (1/4" thick and 1/4" wide).
3. In a large bowl, toss with extra virgin olive oil until evenly coated. Then toss with the cornstarch until evenly coated.
4. Line two baking sheets with parchment paper. Evenly spread the sweet potatoes. If you place them on top of one another or too close together, they will not get crispy! So allow space between them. Sprinkle the garlic powder evenly over the potatoes.
5. Place one pan on top oven rack and the other on the bottom rack. Bake for 20 minutes. Remove and flip the sweet potatoes. An easy way to do this is by taking a spatula and flipping one section (about 5-10 fries) at a time. Make sure the fries remain spaced and not on top of one another.
6. Return to the oven to cook for another 12-18 minutes or until fries are as crisp as you'd like. When returning to the oven, swap the racks that each baking sheet was on (place the baking sheet that was on the top rack for the first 20 minutes on the bottom rack now and vice versa).
7. Remove and serve warm!

Servings: 5 servings
Serving size: 1 serving (190 g)

Crispy Sweet Potato Fries		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	216.2	
% Daily Value*		
Total Fat	5.5 g	7 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	101.1 mg	4 %
Total Carbohydrate	39.3 g	14 %
Dietary Fiber	5.6 g	20 %
Total Sugars	7.6 g	
Added Sugars	- g	- %
Protein	3.2 g	
Vitamin D	0 mcg	0 %
Calcium	56.2 mg	4 %
Iron	1.2 mg	7 %
Potassium	634.6 mg	14 %

* The % Daily Value (DV) 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.

Full info at cronometer.com </>