

Oven Baked Sweet Potato Fries



These homemade fries pack in savory flavor and plenty of crispy satisfaction using your oven and a few pantry staple spices.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 lb	Sweet Potatoes, peeled and cut into match sticks about ¼" x 3"
2 Tbsp	Olive Oil
1 Tbsp	Italian Seasoning
1 Tbsp	Tapioca Flour
1 tsp	Kosher Salt
1 tsp	Garlic Powder
½ tsp	Onion Powder

CHEF'S NOTES

If you prefer, you can leave the skin on your sweet potatoes and simply give them a good wash before cutting into fries. You'll retain a little more fiber and texture.

Dipping sauces like ketchup and barbecue sauce can contain a lot of added sugar. Look for reduced sugar options or make your own dipping sauce by combining Greek yogurt with a little ketchup, salsa, hot sauce & Creole seasoning.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F and line two baking sheets with parchment paper or foil.
2. Add the cut sweet potato to a large mixing bowl and add the olive oil, use a rubber spatula or tongs to toss and coat evenly.
3. Combine Italian seasoning, tapioca flour, garlic powder, onion powder, and salt in a small bowl. Sprinkle over sweet potatoes and toss to coat evenly.
4. Divide the seasoned potatoes between the two prepared baking sheets in an even layer, avoiding overlapping pieces. Do not overcrowd potatoes.
5. Bake for 20 – 25 minutes, checking and tossing the fries halfway through, until they are lightly browned and crispy. Serve immediately or hold uncovered until ready to eat!

Nutrition Facts

8 servings per container

Serving size 3/4 cup (~8-10 fries) (118g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 24g **9%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.7mg 4%

Potassium 390mg 8%

* 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.

