

Sweet Potato Fries

KIDS CAN BE STUBBORN ABOUT VEGGIES. WHEN YOU SERVE SWEET POTATO FRIES, "NOS" BECOMES "YESES"--AND YOU BECOME A HERO.

SERVINGS: 6

PREP TIME: 20 Minutes

BAKE TIME: 20 Minutes

INGREDIENTS

- 3 whole sweet potatoes, cut into thin sticks
- Cooking spray
- 1 clove garlic, pressed (or ½ teaspoon garlic powder)
- ¼ teaspoon seasoned salt (or plain salt)
- ½ teaspoon chili powder (optional)
- ¼ teaspoon black pepper

DIRECTIONS

1. Preheat the oven to 450 degrees. Place the sliced sweet potatoes in a gallon sized bag. Spray with cooking spray, close the bag and toss to coat. ADD garlic and spices to the bag. Close the bag and toss to coat with spices.
2. Arrange the coated sweet potatoes on a baking sheet and bake for 15-17 minutes, shaking the pans halfway through, until the fries are sizzling. (Watch so they don't burn). Remove from the oven and cool on the pan for 5 minutes.

