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ASSOCIATION

PCFMA.ORG

SWEET POTATO FRIES



Love this easy-to-make alternative to French fries! More flavor, more nutrition!



01 HR 05 MINS



Serves 8



Featuring

[Halog Farms](#)

INGREDIENTS

- 2 pounds of sweet potatoes
- 2 tablespoons olive oil
- 1 teaspoon 5 spice
- 1 teaspoon salt
- 1/2 teaspoon black pepper

METHOD

Preheat the oven to 400°F.

Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes

Spread wedges out on 2 rimmed baking sheets. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot