

Cajun-Style Sweet Potato Fries



4 Servings

This is a sweet and spicy combination of seasonings and potatoes that goes well with salads and sandwiches.



Ingredients

- 4 sweet potatoes
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt

Steps

1. Preheat oven to 450°F. Line a large sheet pan with parchment paper.
2. Peel the sweet potatoes and cut off the ends. Cut the potatoes French fry style.
3. Put the sweet potatoes into a large gallon-size resealable plastic bag. Add the seasonings to the bag, zip it up, and shake well until the potatoes are thoroughly coated.
4. Spread the seasoned fries on the prepared pan. Make sure you spread them out evenly and that they are not overlapping.
5. Bake for a total of 25–30 minutes. After the first 15 minutes, remove the baking sheet from the oven and turn over all of the sweet potato pieces. Return to the oven and bake for another 10–15 minutes, or until they are well browned. Let cool for 5 minutes before serving.

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