



Colorful Oven Fries

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Oven-fried sweet potatoes can be tricky because the potatoes' high moisture content makes it difficult for them to "fry," and their ample sugar causes them to burn easily. Okinawan sweet potatoes work well here because of their dry texture, but a dusting of potato starch helps keep all varieties crisp.



Ingredient List

Serves 6

- 2 lb. assorted sweet potatoes, peeled and cut into 1/4-inch-thick sticks
- 1 Tbs. canola oil
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1/4 tsp. ground cinnamon, optional
- 2 Tbs. potato starch

Directions

1. Preheat oven to 450°F. Line 2 baking sheets with parchment paper, or coat with cooking spray. Set 1 oven rack in top position and 1 rack in bottom position.
2. Toss together sweet potatoes, oil, salt, pepper, and cinnamon, if using. Sprinkle with potato starch; toss mixture once more to coat well. Arrange in single layer on prepared baking sheets. Bake 10 minutes. Turn potatoes with spatula, and rotate baking sheets. Bake 12 minutes more, or until golden brown.

Nutritional Information

Per 1/2-cup serving: Calories: 121, Protein: 2g, Total fat: 3g, Saturated fat: 1g, Carbs: 24g, Cholesterol: mg, Sodium: 226mg, Fiber: 3g, Sugars: 7g