

SWEET POTATO FRIES

These sweet potato fries can be a healthier and more nutrient-dense snack replacement for chips, or a replacement for any use of white potatoes. This works better with a healthy dip, such as the Yogurt Ranch Dressing.

SERVES 50 ADULTS

INGREDIENTS

8-10 lb. sweet potatoes, washed with skin left on, cut into ½-inch sticks
1/3 cup oil
1 teaspoon salt
1 teaspoon cumin (optional)
1 teaspoon garlic powder (optional)

DIRECTIONS

1. Preheat oven to 400°F. Line 2 or 3 full sheet pans with parchment paper or foil.
2. Toss sweet potatoes with salt, oil and other spices if using. Put pans into the hot oven for 10 minutes. After 10 minutes check sweet potatoes, stir or flip, and cook for another 10 minutes.
3. Serve warm with healthy yogurt ranch dressing, marinara sauce, or ketchup for dipping.

A Few Tips for the Best Baked Sweet Potato Fries

- Cut the potatoes as evenly as possible: The more uniform the fries, the more evenly they will bake. Aim for ¼ to ½ inch thickness.
Large fries will take too long to bake, while thinner fries will bake up greasy and limp.
- Coat the sweet potatoes well: You can toss the potatoes with oil in a large mixing bowl.
- Roast them, don't bake them: A long, low bake (say 350°F or below) will result in tender sweet potatoes, but never crisp. Instead crank the oven to 400°F for a hot, fast roast. It's a critical step for a crisp coating and tender interior.
- Flip them once, never more: You might think that flipping or turning the sweet potato fries while they bake would make for more evenly cooked fries, but not necessarily, you don't need to flip them at all!