

Oven Sweet Potato Fries – Alison Mountford

By Alison Mountford, contributing chef for RINewsToday.com



ACTIVE TIME - 10

TOTAL TIME - 25

SERVES – 4, as a side dish

Intro - Whether you're 8 or 68, sweet potato fries just hits the spot! These are easy to make, nutritious, and so colorful as a side dish to your favorite meal.

2 pounds garnet yam (bright orange sweet potato)

2-3 Tablespoons canola or olive oil

3/4 teaspoon kosher salt

1/4 teaspoon maldon or other large flake finishing salt (optional)

3 Tablespoons chopped basil, parsley, or chives

INSTRUCTIONS

PREHEAT THE OVEN TO 435 DEGREES

PREP POTATOES

Wash the potatoes well; keep the skin on.

Slice an even 1/4" thick plank off of one side. Roll the potato on to that flat side. Continue slicing as evenly as possible, into 1/4" thick planks. Stack 2 of the planks and rotate 90 degrees. Slice again, 1/4" thick, and now you'll have sticks that should look like French fries.

ROAST

Place on a baking sheet and toss with oil and kosher salt to coat. Spread the fries out so they are not touching and not too crowded - if needed use 2 baking sheets. Roast at 435 degrees for about 7 minutes. Remove the pan and flip each fry over and return to the oven for another 4-6 minutes or until they're browned and tender throughout.

GARNISH

Toss hot fries with a pinch of finishing salt (or more kosher salt) and chopped herbs to taste. Serve immediately.