

Simple Sweet Potato Fries

Author: Dani Spies Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

Ingredients

- 1 sweet potato
- 1 teaspoon extra virgin olive oil
- 1 teaspoon ground cumin
- salt to taste

Instructions

1. Pre-heat oven to 425 degrees F.
2. Cut the sweet potato into "fry-like" strips and pop them into a large bowl.
3. Drizzle the olive oil over the top of the sweet potato strips and season with cumin and salt. Gently toss everything together until all the sweet potato strips have a nice light coating of olive oil and spices.
4. Place a wire-rack on top of a rimmed baking sheet and lay the "fries" out on the rack. They can be close together but try not to have them touch or overlap.
5. Bake for 20 minutes or until tender and lightly browned. Enjoy!
6. Serves 1-2 (depending on how much you like fries).



Recipe by **Eating Rules** at <https://eatingrules.com/simple-sweet-potato-fries/>