



baked sweet potato fries

NIBBLEDISH CONTRIBUTOR

Ingredients

sweet potato / yam

olive oil

garlic pepper

and... thats it!

Instructions

yes... i burnt it a bit... next time that will not happen!

1... cut the yam into thin slices. (it burnt because i cut them TOO thin...)

2... coat them in a mixture of pepper and oil

3... toast or bake in oven for about 10 min on 450, then flip for another 10.

4... lay on paper towel and enjoy

this is very yummy and is alot better for you than regular potato fries. theyre very sweet, crunch and soft in the inside.

if there are suggestions or recommendations on how i can better cut the potatoes... please comment here.

thank you~