

Baked Sweet Potato Fries

4 sweet potatoes (yams)
1/4 cup olive oil
Salt to taste

Preheat oven to 400 degrees. Cut sweet potatoes into 1/2-inch thick lengthwise strips and toss with olive oil. Coat a baking sheet with nonstick cooking spray and arrange potatoes on baking sheets. Bake potatoes for 15-20 minutes or until golden brown on bottom. Turn potatoes over and bake about 15-20 minutes or until golden brown all over. Sprinkle with salt and serve. Makes 4-6 servings.

* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.
From the website www.sweetpotato.org