



SPICY SWEET POTATO FRIES

DIRECTIONS:

1. Preheat oven to 400°F.
2. Slice the potatoes in half lengthwise and then cut each half into four wedges.
3. Toss wedges in the oil and spices. Then lay the pieces on a baking sheet.
4. Bake for 35 to 45 minutes until browned on the outside and tender.

Note: Cayenne pepper is very spicy. Season to taste and use less then directed if needed.

YOU WILL NEED:

- 2 large sweet potatoes, peeled
- 2 teaspoons olive oil
- 1 teaspoon cayenne pepper (or to taste)
- 2 teaspoons paprika
- ½ teaspoon salt



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