

Baked, Spiced Sweet Potato Fries

A Bountiful Kitchen

4 medium sweet potatoes, peeled, sliced and cut into long thin slices
olive oil
1 tablespoon brown sugar
1 teaspoon coarse salt
1/2 teaspoon cumin, ground
1-2 tablespoons rosemary fresh or dried
1/4 teaspoon cayenne, optional

Place cut sweet potatoes on baking sheet. Brush with olive oil. Sprinkle with all dry ingredients. Bake at 450 for about 15 minutes on upper third of oven.

Tips:

-If you like the potatoes to get a little browned and crispy, use the convection setting if available, or just switch to broil setting and place the pan on top rack for about 1 minute after initial cooking, watch closely, so your fries don't get too charred.