

Roasted Sweet Potato Fries

Kids love these- that includes 30 and 50 year-old kids. Only 5 minutes of preparation and 25 minutes in the oven and you're ready to eat. Or, consider making a batch of Better than French Fries (different seasonings, but just as easy). Check our listing for that recipe. Goes great with the Healthy Chicken Nuggets.

½-1 sweet potato per person depending on the size of the potatoes and whether you're feeding 6 a year-old or a 16 year-old.

3-4 tbsp canola oil

1 tsp ground cinnamon

1/2 tsp kosher salt

1 tsp dark brown sugar (optional)

Preheat oven to 400 degrees with the oven rack set ½ - 2/3 of the way up.

Place a sheet of aluminum foil or parchment paper on a baking sheet.

In a mixing bowl pour the oil and add the cinnamon, salt, and brown sugar.

Rinse and dry potatoes. Cut each potato in half length-wise. Again length-wise, cut each potato half into 3 or 4 wedges. Throw the wedges into the bowl and mix with the oil and seasonings. Place the wedges on the baking sheet with the skin down.

Bake for about 25 minutes. You'll know they're done when they start to turn light brown and puff out a little. If they burn (and they probably won't), the next time you make them, turn the temperature down 25 degrees or set the oven rack lower.