

## Baked Sweet Potato Fries



- 1 sweet potato (1 pound or 450 g)
- 1 tbsp extra virgin olive oil
- 2 tsp dried oregano
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1/2 tsp sea salt
- 1/8 tsp ground black pepper

Preheat the oven to 400.

Wash and cut potato into even 1/4 inch thick sticks.

Place the oil and seasonings in a bowl and mix them until well combined, creating an oily paste. Pour over the sweet potato sticks and mix with well with clean hands to coat evenly.

Put parchment paper on a large roasting pan or cookie sheets.

Place fries onto a baking sheets/pan in a single layer, making sure they aren't touching, so their moisture can evaporate and ensure you get crispy fries.

Bake them for 20 minutes, check them, flip them over if desired, and continue baking for another 5-10 minutes, or until golden brown.

Serve with fancy ketchup, bbq sauce or your favorite condiment.