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Chili Dusted Sweet Potato Fries

3 large sweet potatoes
1 tsp. coarse sea salt
1 tbsp. extra virgin olive oil (EVOO)
3 tbsp. chili powder
ketchup (for serving)

1. Preheat oven to 425°F. Lightly spray a baking sheet or roasting pan with non-stick cooking spray.
2. Scrub and peel the potatoes. Cut into long, thin strips, about ¼-inch thick.
3. Place water in a medium-sized pot and bring to a boil. Drop potatoes in and boil for 4 minutes. They should be partially cooked at this point. Drain and cool slightly. Pat the potato strips dry and transfer to the prepared baking sheet. Lightly coat strips with cooking spray. Sprinkle with sea salt and chili powder. Roast at 425°F for 40-50 minutes, until golden brown. Serve with ketchup.