



## Roasted Sweet Potato Fries

### *Ingredients*

1 large sweet potato, cut in 2-inch fries or 1-inch cubes  
2 tablespoons extra virgin olive oil  
salt  
pepper  
optional: fresh chopped rosemary

### *Procedure*

1. Preheat oven to 375 degrees. Pour 1 tablespoon olive oil onto a large sheet pan and rub it all over with your hands so it's fully coated. Place in oven for five minutes. This step will ensure that the potatoes don't stick to the pan.
2. Put sweet potatoes, remaining 1 tablespoon olive oil, salt, pepper and if desired, rosemary, in a bowl and toss so that the potatoes are all covered.
3. Carefully place potatoes on the heated sheet tray in one layer (it should sizzle).
4. Roast for 20-30 minutes or until they are cooked through and crispy on the outside.