

# Sweet Potato Fries

Vegan, gluten-free

*Recipe by Jentry Lee Hull*

Prep time: 15 min

Cook time: 20-30 min

Total time: 45-55 min

*Yields 8 servings*

## **INGREDIENTS**

- 3 med-large sweet potatoes (or garnet yams)
- 1.5 Tbsp avocado oil
- 1 tsp pink salt
- 1 tsp garlic granules
- 1/2 tsp ground cinnamon
- 1/2 tsp cayenne

## **METHOD**

- Rinse and scrub sweets/yams
- Grab a sharp chef's knife and sturdy cutting board
- Cut sweets/yams into long "sticks"
- Add to a large mixing bowl and combine with oil and seasoning. Toss with clean hands to thoroughly incorporate.

## **OVEN METHOD**

- Preheat oven to 450F
- Line a baking sheet with parchment paper and transfer seasoned sweets/yams to baking sheet.

- Roast for 30 min at 450F, turning halfway through.

### **AIR-FRYER METHOD**

- Place seasoned sweets/yams onto air-fryer basket.
- Air-fry for 15-20 minutes at 400F.
- Remove from heat, let sit for 5ish minutes before serving. Great with veggie burgers, tacos, wraps, salads...you name it!
- Leftovers keep well for up to 5 days. To warm, use a toaster oven or air-fryer.

# Nutrition Facts

Servings 8.0

Amount Per Serving

**calories** 263

**% Daily Value \***

<b>Total Fat</b> 3 g	<b>4%</b>
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Saturated Fat 0 g	<b>2%</b>
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Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

<b>Cholesterol</b> 0 mg	<b>0%</b>
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<b>Sodium</b> 305 mg	<b>13%</b>
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<b>Potassium</b> 397 mg	<b>11%</b>
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<b>Total Carbohydrate</b> 53 g	<b>18%</b>
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<b>Dietary Fiber</b> 3 g	<b>12%</b>
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**Sugars** 41 g

<b>Protein</b> 3 g	<b>6%</b>
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Vitamin A	<b>48%</b>
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Vitamin C	<b>3%</b>
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Calcium	<b>3%</b>
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Iron	<b>16%</b>
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\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.