

Spider Demo Kitchen

Air Fryer Crispy Sweet Potato Fries

yield: 4 servings

Ingredients:

2 medium	Sweet potatoes, peeled
1 TBSP	Olive oil
1/2 tsp	Paprika
1/4 tsp	Kosher Salt
1/4 tsp	Black pepper
1/4 tsp	Garlic powder
	Cooking spray



Instructions:

1. Cut sweet potatoes into 1/4 inch sticks. Add to a mixing bowl.
2. Add olive oil and seasonings to bowl, toss to coat the fries.
3. **Air fryer:** Heat to 400° F. Lightly spray the air fryer basket with cooking spray (or brush with olive oil). Arrange fries in single layer in basket, cook in batches until tender and lightly browned on outside, about 14 minutes.
Oven: Preheat oven to 400° F. Spread out fries on baking sheets in single layer. Bake for 15 minutes, flip and then bake for another 10 or until both sides are crispy.

Nutritional Information: Cals: 104 Fat: 3g Protein: 1g Carbohydrate: 17g Fiber: 3g, Sodium: 187mg

VG, GFI