



## *The Edible Garden*

Recipe featured at the *Cooking for Kids* demonstration, August 31

### **Baked Spicy and Sweet Potato Fries**

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#### **Ingredients**

About 4 sweet potatoes, julienned into french fry-sized pieces  
2 tablespoons canola oil  
2 teaspoons ground black pepper  
½ teaspoon cayenne pepper

#### **Instructions**

1. Preheat an oven to 425 degrees Fahrenheit.
2. In a large bowl or large freezer bag, combine the sliced sweet potatoes, canola oil, salt, pepper, and cayenne pepper. Cover the bowl with plastic wrap or zip the bag with some air in it and shake until the fries are evenly coated. Spread the fries out in a single layer on a baking sheet.
3. Bake for 20 minutes, or until crispy and brown on one side. Turn the fries over using a spatula and cook for another 20 minutes, or until they are all crispy on the outside and tender inside. Thinner fries will take less time and thicker ones may take more.