Perfect Baked Sweet Potato Fries

Ingredients:
- 4 Medium Sweet Potatoes
- 1/2 Teaspoon sea salt
- 3 Tablespoons of Olive Oil
- 1/2 Teaspoon Black Pepper

Instructions:
1. Heat oven to 450 degrees Fahrenheit. Prepare two baking sheets. The fries bake better when placed directly onto the baking sheet. (Optional: Line the baking sheets with aluminum foil or a silicone baking mat for easier cleanup.)

2. Place baking sheets into the oven so that they preheat.

3. Scrub, then slice the sweet potatoes into 1/2-inch sticks. Add to a large bowl and toss with the olive oil, salt, and pepper.

4. Remove the preheated baking sheets from the oven, and then divided the sweet potatoes between them. Spread the fries out. Try not to crowd them, or else they will not brown.

5. Bake the fries, turning once and rotating pans once, until the edges are lightly browned, and centers are tender; 15 to 25 minutes. Sweet potato fries are done when the surface looks dry and puffed up a little. Don’t fret if the edges turn brown. They will taste more caramelized than burnt.

Recipe by: Adam and Joanne Gallagher

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Serving Size 1 Potato</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
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<tr>
<td>Sodium</td>
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