

# Homegrown

NC STATE EXTENSION

## Sweet Potato Fries

- ✓ 2 large sweet potatoes
- ✓ 2 tbsp. cornstarch
- ✓ 2 tbsp. extra virgin olive oil
- ✓ Sea salt and pepper, to taste
- ✓ Optional herbs: rosemary, basil, oregano



Peel and cut into “fry size” strips. Soak in water for one hour, then rinse. Toss strips in cornstarch and arrange on baking sheet, lined with parchment paper. Drizzle olive oil over strips and sprinkle on salt, pepper and herbs of your choice. Roast in the oven at 350°F until crisp, about 20 to 25 minutes.

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