

Baked White Sweet Potato Fries

Sweet potatoes are usually the gorgeous deep orange colour that has become synonymous with sweet, delicious flavor. Imagine my disappointment when I peeled this batch and found myself looking at pale yellow flesh that looked more like a 'Yukon Gold' than a sweet potato.

Turns out, not all sweet potatoes are orange inside. Some varieties, like those pictured here, have a light yellow or almost white colour instead. Although they look more like typical white potatoes than their orange-fleshed siblings, they don't taste anything like a traditional baking potato.

However, they aren't identical to their orange counterparts, either. White sweet potatoes are a little less sweet and have more starch than "normal" sweet potatoes. Fortunately, they are absolutely wonderful when baked until crispy for these "fries."

Ingredients:

4 large sweet potatoes
2 T. olive oil
1 ½ t. smoked paprika
1 T. black Hawaiian salt

Directions:

Preheat oven to 190C / 375F

Peel sweet potatoes and slice into equal-sized long rectangular pieces. Try to avoid leaving tapered ends as they will become too crisp while the thicker parts are still baking.

Place potato slices on a rimmed baking sheet lined with

parchment paper and drizzle with olive oil. Toss potatoes with your hands until thoroughly coated in oil. Arrange into a single layer without touching. Sprinkle with paprika and salt and put in oven.

Bake for about 20 minutes, turning once, or until fries are crisp and golden. Remove from oven and allow to cool for a few minutes before serving.