

# Oven-Fried Sweet Potatoes

Recipe By OU Kosher



Cooking and Prep:  25  
m

Serves:  6

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Passover

**Diet:** Vegetarian, Vegan,  
Paleo, Pescetarian, Gluten  
Free, Sugar Free, Low Fat

**Source:** OU Kosher

Oven-fried sweet potatoes – tossed with oil and baked at a high temperature – are a colorful, healthy, easy-to-master side dish. Courtesy of Women's Branch of the Orthodox Union.

## Ingredients (4)

### Main ingredients

- 3 large sweet potatoes
- 2 tablespoons oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

## Start Cooking

### Prepare the Sweet Potatoes

1. Scrub and dry potatoes. Peel, if desired, and cut lengthwise into half-inch sticks.
2. Toss in bowl with oil, salt and pepper.
3. Spread on greased baking sheet and bake at 425 degrees Fahrenheit for 10 minutes; turn and bake 10 minutes longer.