



## Ingredients:

- 2 medium sweet potatoes
- 1 tbs olive oil
- Salt
- Pepper
- Other desired spices

# Baked Sweet Potato Fries

Prep time: 10 min | Total Time: 35 min | Serves: 2

## Directions:

1. Preheat oven to 400 degrees.
2. While oven is preheating, cut sweet potatoes into match sticks 1/2 inch wide.
3. Add sweet potatoes, oil and seasonings into bowl. Toss to coat.
4. Spread fries out onto baking sheet.
5. Bake until crispy on the bottom, about 13-15 minutes.
6. Flip and cook for an additional 10-12 minutes.
7. Enjoy!

# Campus Resources



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**Contact us!**



**FOOD  
FOR THOUGHT  
PANTRY**

The Food For Thought Pantry works to help currently enrolled students who are facing food insecurity put food on the table. The Pantry partners with the Second Harvest of Big Bend along with donations from students and local organizations to keep shelves stocked.

University Center A, Suite 4148  
Mon-Fri | 8:00am to 5:00pm  
(850) 644-2428



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