

Description



These delicious, healthy Air Fryer Sweet Potato Fries are light and crispy on the outside and tender on the inside. Super easy to make for a side dish, snack, or party treat.

Ingredients:

- 4 medium sweet potatoes, peeled if desired
- 4 t. of your favorite [The Olive Tap's 100% Extra Virgin Olive Oils](#)
- 1/2 t. garlic powder
- 1/2 t. paprika
- salt and pepper to taste

Directions:

1. Preheat your air fryer to 380 degrees for 5 minutes. Peel the sweet potatoes, if desired and cut the sweet potatoes into \hat{A} 1/4 inch thick sticks.
2. In a large bowl, add the sweet potatoes, olive oil, garlic powder, paprika and salt and pepper. Toss until all fries are evenly coated.
3. Place the fries in a single layer in the air fryer. It's very important to leave a bit of space between the fries so the hot air can circulate all the way around – the more space in between the crisper they will be.
4. Cook the fries in batches, so as not to overcrowd your fryer basket, until they're crispy for 6-8 minutes, then turn and cook another 6-8 minutes until they are cooked to your liking. When all your fries have finished cooking you can put them all back in the air fryer and cook for 1-2 minutes to serve all the cooked fries hot at once!

Serve immediately, alone or with your favorite dipping sauce.

Recipe by Kelly, Colorado Springs

Date

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