



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Crispy Sweet Potato Fries*

Serves 12

### **Ingredients:**

3 lbs sweet potatoes (washed, cut into ¼ inch thick sticks)  
1/3 cup olive oil  
2 tsp garlic powder  
2 tsp smoked paprika  
¼ cup corn starch  
1 tsp ground black pepper  
Salt to taste



### **Directions:**

1. Preheat oven to 425 degrees F. Line roasting pan with parchment paper or aluminum foil.
2. *Optional:* soak cut sweet potato in cold water for at least 30 minutes, then rinse, drain, and pat dry. [This helps remove additional starch to make sweet potatoes extra crispy.]
3. In a large bowl, toss fries in oil until evenly coated. Then toss fries with seasoning mixture.
4. Bake until crispy (~30-40 minutes). Flip about halfway through.
5. Remove from oven, sprinkle with salt, and let rest 3-5 minutes before serving.

### **Nutrition Tips:**

1. Wash sweet potatoes well and keep the skin on! The skin of potatoes (regular and sweet) is where many of the phytonutrients and fiber are.
2. ¼ cup cornstarch is an optional key ingredient to make extra crispy sweet potato fries. Hold off on adding salt until the end to reduce sogginess.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.