Airfryer Sweet Potato Fries

Ingredients (makes 1 serving):

- 1 sweet potato, peeled
- 1 teaspoon canola oil
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper
- ⅛ teaspoon garlic powder or any other seasoning (optional)

Instructions:

1. **Preheat the air fryer to 400 degrees F (200 degrees C).**
2. **Cut sweet potato into 1/2-inch wide fries.**
3. **Place in a bowl with canola oil; toss to coat. Season with salt, pepper, garlic powder, and paprika; mix until all fries are evenly coated.**
4. **Working in batches, if necessary, place an even layer of fries in the air fryer basket.**
5. **Cook in the preheated air fryer until golden, about 10 minutes. Repeat to cook remaining fries.**

Cooking Tip: To make sure your fries cook evenly, cut them all the same size.

Nutrition Fact: Sweet potatoes are packed with fiber, support gut health, and help your vision. For extra fiber, leave the sweet potato skin on. Air frying will reduce the fat in cooked items. Always measure fat and salt in a recipe.

Substitutions: Try different vegetables. White potatoes or carrots make great fries too. Switch up the spices or leave them off.

Nutrition Facts

Serving Size: 1 potato Calories: 221 Sodium: 653mg
Fat: 4.5g Saturated Fat: 0.3g Protein: 4g Sugar: 13g
Carbs: 41g

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