

Crispy Sweet Potato Fries: Your Ticket to Flavor Town!

sweet and savory, with a fantastic kick of spice



OVEN
425°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

6 sweet potatoes, cut into French fry shapes
2 tablespoons canola oil
3 tablespoons taco seasoning mix
1/4 teaspoon cayenne pepper

Swaps and Notes:

Sweet Potatoes: Choose firm, blemish-free sweet potatoes. Yams can also be used, though their texture is slightly different.

Canola Oil: Canola oil has a neutral flavor and high smoke point, ideal for roasting. Olive oil or avocado oil can also be used.

Taco Seasoning Mix: Use your favorite brand of pre-made taco seasoning. You can also make your own blend using chili powder, cumin, paprika, garlic powder, onion powder, and a touch of oregano.

Cayenne Pepper: Adjust the amount of cayenne pepper to your preferred spice level. Omit for a non-spicy version, or increase for more heat.

Optional Dips: A creamy dipping sauce like ranch, chipotle mayo, or even a cooling Greek yogurt dip would be fantastic.

DIRECTIONS

1. Let's get these sweet potato fries seasoned and baked to crispy perfection!
2. **Preheat : Oven:** Preheat your oven to a hot 425°F (220°C). This high temperature is the secret to getting that perfect crispiness on your fries.
3. **Season the : Sweet Potatoes:** Grab a large plastic bag (a 1-gallon zip-top bag works great) and toss in the cut sweet potatoes. Add the canola oil, taco seasoning mix, and cayenne pepper. Close the bag tightly, sealing it completely. Give it a good shake, tumbling the fries around until all those delicious sweet potato fries are well-coated with the oil and seasonings. Alternatively, you can do this in a large mixing bowl, tossing with tongs.
4. **Spread on : Baking Sheets:** Spread the seasoned sweet potato fries out in a single layer on two large baking sheets. It's crucial not to overlap the fries. Overlapping will cause them to steam rather than roast and crisp, resulting in soggy fries. We want everyone to get their fair share of crispy love!
5. **First : Bake:** Place those beauties into the preheated oven and bake for 30 minutes. During this first stage, they'll start to cook through and begin to brown and crisp on one side.
6. **Flip and : Final Bake:** Using a sturdy spatula, carefully flip all the fries over to their uncooked side. Return them to the oven and bake for another 30 minutes. By the end of this second bake, they should be perfectly golden-brown and wonderfully crispy on the outside with a tender, fluffy inside. Keep a close eye on thinner fries during the last 10-15 minutes, as they might cook faster and take less time to crisp up.

7. Enjoy! Once done, remove the baking sheets from the oven. Enjoy your homemade crispy delights immediately!

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TIPS FOR SUCCESS

Cut Evenly: Aim for fries of similar thickness to ensure they cook evenly.

Thinner fries will be crispier, thicker ones will be softer inside.

Don't Overcrowd: This is the most critical tip for crispy fries!

Give them space on the baking sheet.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-sweet-potato-fries-your-ticket-to-flavor-town/>