

Crispy Baked Yam Fries

Enjoy a healthier alternative to regular fries with these crispy baked yam fries. Perfect as a snack or side dish!


35 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- 1 medium yam, 1 tablespoon olive oil, 1/2 teaspoon paprika, 1/2 teaspoon garlic powder, Salt and pepper to taste

Steps

- 1 Preheat the oven to 425°F (220°C).
- 2 Peel the yam and cut it into fry-shaped pieces.
- 3 In a bowl, toss the yam fries with olive oil, paprika, garlic powder, salt, and pepper until evenly coated.
- 4 Place the fries on a baking sheet in a single layer.
- 5 Bake for 25-30 minutes, flipping halfway through, until the fries are crispy and golden brown.
- 6 Serve hot and enjoy!