

## Air-Fried Seasoned Sweet Potato Sticks



### Ingredients

1 Tbsp. olive oil

1/2 tsp. smoked paprika

1/4 tsp. salt

1/4 tsp. freshly ground black pepper

2 medium sweet potatoes, peeled and cut into 1/4-inch sticks

Cooking spray

### Directions

Measure oil into a large bowl. Add smoked paprika, salt and freshly ground black pepper; stir to combine. Add sweet potato sticks and toss well to coat. Set aside. \*Turn air fryer to 400° F. Remove basket and lightly coat with cooking spray. Line sweet potatoes in the basket in a single layer and cook for 8 minutes; turn over fries. Continue cooking an additional 8 minutes, or until potatoes are tender on the inside and lightly browned on the outside.

Sprinkle with extra salt, if desired, and serve immediately.

\*Baking method: Preheat oven to 425 ° F. Cover a cookie sheet with parchment paper; set aside. Follow the directions above for putting the ingredients together, then arrange coated potato sticks in a single layer on prepared sheet, being sure not to overcrowd. Bake until tender and golden brown (18 to 24 minutes), turning fries every 9 to 12 minutes. If desired, sprinkle with extra salt and serve immediately.