

Oven-Fried Sweet Potatoes – From Tony Chachere

Ingredients

Light vegetable oil cooking spray

2 large egg whites

Tony Chachere's Original Creole Seasoning [how much??]

5 sweet potatoes, peeled and sliced into fries [try different varieties]

Method

Spray cookie sheet with cooking spray. [We covered the cookie sheet with parchment paper]

In a large bowl, combine egg whites and seasoning. Beat lightly.

Add potatoes and stir well to coat.

Pour potatoes onto cookie sheet, spreading them into single layer. [We also sprayed the potatoes with the cooking spray]

Place sheet on the bottom rack of 400° F oven.

Bake 40-45 minutes, turning the potatoes every 6-8 minutes. [6 cycles of 8 minutes]

Serve immediately.

Yields 6-8 servings.