

Sweet Potato Fries

4 Cups of sweet potatoes peeled and cut into matchsticks

$\frac{1}{4}$ cup of olive oil

1 $\frac{1}{2}$ T garlic salt

Cut up sweet potatoes into fry sized pieces I cut slices then cut the slices into thin strips

Put in a large mixing bowl and toss with olive oil and garlic salt to coat.

Place on cookie sheet single layered. Cook at 400 for 30 min to 40 min. Turn half way through.

<http://www.lincolntent.com/GFCF-Vegtable.html>