Baked Sweet Potato Fries

Ingredients

1/2 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground red pepper
2 tablespoons all purpose flour
2 tablespoons vegetable oil
2 large (about 1 1/2 pounds) sweet potatoes

Directions

Preheat oven to 400F.

Peel potatoes and cut each half into sticks (or wedges, if it is easier). In a large bowl, combine the cut potatoes, oil, flour and spices. Toss until potatoes are evenly coated. On a baking sheet, arrange potatoes in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through, about 30 minutes. Serve immediately.