

Men's Fitness

THE FRIDGE

Healthy Recipe: Not-Your-Average Sweet Potato Fries

These oven-baked fries are low in fat and packed with Vitamin A—not to mention unbelievably crispy. How? Here, a Michelin-starred chef shares his secret.

Tracy Saelinger



A lot of us know the trick of baking “fries,” but if the same-old routine of olive oil and salt is getting old, try this new twist from chef Brandon Sharp of the Michelin-starred [Solbar restaurant](#) in Calistoga, CA. His secret? The chef mixes up his [Vitamin A](#)-packed [sweet potato](#) fries with a sweet-and-salty mixture, then double-bakes them in the oven. The result: an extra-crispy—yet still healthy—side that perfectly complements your favorite [lean burger recipe](#). Try it. You won't be disappointed.

Spicy and Smoky Sweet Potato Fries

Ingredients:

- 3 garnet yams
- 2 tsp smoked Spanish paprika
- 2 tsp brown sugar
- 1 tsp [kosher salt](#)
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper
- 3 tbsp canola or [vegetable oil](#)

Instructions:

1. Preheat oven to 325°F.
2. Peel yams and cut into long 1/2" batons. Mix salt, sugar and spices with oil, then toss yams in mixture. Spread fries in single layer and bake till tender when pierced with tip of a knife (about 12 to 15 minutes).
3. Let fries cool on pan, then transfer to [wax paper](#) on a second pan. Put in [freezer](#) until frozen.
4. Raise oven temp to 450°F. Spread frozen fries in single layer again and bake until golden brown and crisp, about 8 minutes.
5. Rest on a brown paper bag and serve immediately with ketchup or lime-spiked aioli.