

Sweet Potato Fries

1 supervisor, 2-3 students

Ingredients & Cooking Materials:

- Knife
- Vegetable peeler
- Mixing bowl
- Baking pan
- Spatula
- 2-3 sweet potatoes
- 2 tablespoons olive oil. A couple of tablespoons or so.
- Dash of corn starch.
- A mixture of spices, including salt, pepper, cumin, cayenne, paprika, curry and/or garlic powder.

Directions:

- Ask everyone to wash their hands
- Preheat the oven to 450°
- Supervise students while skinning sweet potatoes with vegetable peeler
- The supervisor should cut peeled sweet potatoes into slices and then strips
- Place fries in a mixing bowl
- Direct students to add olive oil and spices into the bowl. Mix.
- Place parchment paper on a baking pan and arrange the fries on the pan
- Bake for 15 minutes, flip, and bake 10-15 minutes more until they are crispy

Further suggestions:

Encourage students to read directions, share responsibilities and taste ingredients before cooking.