Oven Fries

Ingredients:
1 cup sweet potato, pieces
1 cup white potato, pieces
2 teaspoons canola oil
Salt, to taste

Directions:
1. Make sure oven rack is in the middle of the oven. Preheat oven to 425°F.
2. Wash potatoes with a vegetable brush.
3. Peel sweet potatoes. There is no need to peel any of the other potatoes if the skin is free of blemishes and in good shape.
4. Put one potato on cutting board. With sharp knife, cut potato in half lengthwise to create halves. Place the potato halves flat side down, and cut each in half crosswise to make quarters. Cut each quarter into 4 or more slices. Try to keep all slices or pieces the same size. Thinner pieces will cook faster. Repeat this cutting procedure with the other potato.
5. Place oil in a mixing bowl and add desired spices. Place potato pieces in mixing bowl. Mix to coat evenly with oil.
7. Use oven thermometer to make sure oven temperature is preheated to 425°F. Place baking sheet in oven. Bake 15 minutes, or until tender and evenly browned.

Yields about 4 servings

Source: Cooking Up Fun! Vary Your Vegetables, Session 4B