



Air Fryer Indian-Spiced Sweet Potato Fries

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Yield: 4 servings

***Shortcut:** Using an air fryer saves time and produces crispy food with a fraction of the oil needed for frying.*

This combination of spices gives you just enough heat to make you want more and enough cardamom to make you think you've traveled to India.

Ingredients:

- 2 large sweet potatoes, peeled and cut lengthwise into thin strips
- 2 tablespoons olive oil
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon Kosher salt

Directions:

1. Preheat air fryer according to manufacturers directions to 360°.
2. Toss sweet potatoes in a large bowl with olive oil.
3. Combine all the spices in a small bowl and sprinkle over the sweet potatoes.
4. Place half of the sweet potatoes in the fryer basket and cook for 10 minutes. Remove them from the basket and keep warm. Repeat procedure with remaining half of potatoes.

Note: I used a Nuwave air fryer.