

# Sweet Potato Waffle Fries

Make crispy sweet potato waffle fries at home with this easy recipe. Healthier than regular fries, perfect as a side dish or snack with your favorite dips.

15 min

PREP

10 min

COOK

25 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Sweet Potato Waffle Fries

## Ingredients

- 2 sweet potato
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare Equipment and Sweet Potatoes**

Preheat your waffle iron according to manufacturer's instructions. Lightly spray the plates with cooking spray or brush with oil to prevent sticking.
- 2 Wash and peel 2 sweet potatoes.** Cut them into uniform slices about 1/4 to 1/2 inch thick, keeping pieces roughly the same size for even cooking.
- 3 Season the Sweet Potatoes**

Place the sweet potato slices in a large bowl. Add 2 tablespoons olive oil, 1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon salt, and 1 teaspoon black pepper.
- 4 Toss the sweet potato slices with your hands or a large spoon until all pieces are evenly coated with oil and seasonings.**
- 5 Cook the Waffle Fries**

Arrange seasoned sweet potato slices in a single layer on the preheated waffle iron, ensuring they don't overlap. Work in batches if necessary.
- 6 Close the waffle iron and cook for 10-12 minutes, until the fries are golden brown and crispy on the outside with tender centers.** Check after 8 minutes to avoid burning.
- 7 Serve**

Carefully remove the sweet potato waffle fries using tongs to avoid breaking the waffle pattern. Repeat with remaining slices and serve immediately while hot and crispy.

## Tips

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Choose firm, unblemished sweet potatoes with bright orange flesh for the best flavor and texture. Avoid potatoes with soft spots or wrinkled skin.

Cut sweet potatoes into uniform slices, about 1/4 to 1/2 inch thick, to ensure even cooking. A sharp knife or mandoline slicer helps achieve consistent thickness.

Soak sliced sweet potatoes in cold water for 30 minutes before cooking to remove excess starch, resulting in crispier fries.

Pat sweet potato slices completely dry with paper towels before seasoning to help the oil and spices adhere better and prevent steaming.

Preheat your waffle iron thoroughly before adding the sweet potatoes. A properly heated surface ensures immediate searing and prevents sticking.

Don't overcrowd the waffle iron. Cook in batches if necessary, allowing space between slices for proper heat circulation and even cooking.

Lightly brush or spray the waffle iron with oil before each batch to prevent sticking and ensure easy removal.

Serve immediately for maximum crispiness, or keep warm in a 200°F oven on a wire rack to maintain texture while finishing remaining batches.