Yes, “french fries” CAN be healthy!
Serves 4-6

**Vegetable oil (for parchment paper)**
2 large sweet potatoes (about 2 pounds), skins on, washed, 1/2" thick sticks
3 large egg whites
Pumpkin pie spice

**Directions:**
1. Preheat oven to 450°. Line two baking sheets with parchment and rub with oil.
2. Put sweet potatoes in a covered microwave-safe container. Microwave 2 minutes, stir, and microwave 1 to 2 minutes more. Pour onto parchment-lined baking dish.
3. Whisk egg whites in a large bowl until frothy, add spices, and whisk to blend.
4. Toss the sweet-potato pieces in the seasoned egg whites, letting the excess liquid drip back into the bowl.
5. Place in a single layer on prepared baking sheets. Bake 10 minutes, flip, and bake an additional 5-8 minutes, until golden brown.