Baked Sweet Potato Fries with Aioli

1. Preheat oven to 425.
2. Line baking pan with aluminum foil. Spray with cooking spray.
3. Cut 1 ½ pounds of sweet potatoes into strips. Coat with: ¼ C olive oil, pinch sea salt, and Italian herb seasoning.
4. Bake 30 minutes, turning with spatula every 10 minutes.
5. Meanwhile, prepare aioli.

Aioli

1. Bring all ingredients to room temperature. Meanwhile, mince garlic very finely.
2. Emulsify together 1 egg yolk, 1 tsp Dijon mustard, and 1T olive oil.
3. In separate bowl, add together remaining olive oil (to 1/3 C), and 1/3 C safflower or peanut oil
4. Add remaining oil very slowly, whisking constantly.
   *Steps 2-4 can also be done in a food processor
5. Add in garlic (3 cloves), salt and pepper to taste, juice of ½ lemon, and 2 T warm water.