

Crispy Baked Sweet Potato Fries

Makes 4 servings

This a delicious, easy, and healthy way to make sweet potato fries. Your child can help mix the sweet potatoes with the oil and spices and make the dip.

Ingredients

For the fries

- 2-3 large sweet potatoes, peeled and cut into ½ inch thick sticks
- 2 tablespoons olive oil or canola oil
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon dried herbs of your choice, like thyme, rosemary, or basil

For the dip

- ½ cup low-fat Greek yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin powder
- ¼ teaspoon salt
- ¼ teaspoon chile powder (optional)

Directions

1. Heat oven to 400 degrees F. On a large baking sheet, toss the sweet potato sticks with the olive oil, garlic powder, salt, paprika, black pepper, and dried herbs.
2. Bake until the sweet potato sticks are brown and crisp on the bottom, about 15 minutes. Using tongs or a large spatula, flip over all the sweet potato fries and bake until browned and crispy on the other side, about 10 minutes.
3. While the sweet potato fries are baking, make the dip: In a small bowl, combine the all the dip ingredients and mix until smooth.
4. Take the fries out of the oven and let cool for 5 minutes. Serve warm with the yogurt dip.



Photo: Sustainable Cooks

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