

Sweet Potato Oven Fries with Avocado Dip

Ingredients:

2 large sweet potatoes

2 tablespoons olive oil

1 teaspoon paprika

½ teaspoon chili powder

½ teaspoon coriander

Salt and pepper, to taste

Avocado Dip ingredients:

1 avocado

1/3 cup mayonnaise

1/3 cup cream cheese

½ tablespoon jalapeno

2 green onions

1 lime

Salt and pepper

Directions:

1. Wash your hands!
2. Preheat oven to 450 degrees. Line a baking sheet with aluminum foil and spray with cooking spray if you have it. Set your pan aside.
3. Peel sweet potatoes. Cut into ¼ to ½ inch thick fries.
4. Place them on a large bowl and toss or stir with olive oil until the sweet potatoes are coated.

5. Add paprika, chili powder, coriander, salt, and pepper; toss to distribute evenly.
6. Arrange coated fries in a single layer on the prepared pan.
7. Bake for 20 minutes on the lower rack until the sweet potatoes soften.
8. Transfer the pan to the upper rack of the oven and bake 10 minutes longer, until the fries are crispy.

Avocado Dip Directions:

1. Prepare avocado and chop.
2. Chop remaining vegetables.
3. Place the avocado, mayonnaise, cream cheese, jalapeno, and onions into a blender or small food processor.
4. Juice the lime and add to blender.
5. Blend for 1 minute or until you have a smooth paste.
6. Season with salt and pepper to taste.

Servings: 4

Nutrition Information per Serving (1/4 of fries, 2 Tablespoons dip):

Calories - 121, Fat-6g, Carbohydrates-17g, Protein, 3g

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