

# Sweet Potato Fries with Spicy Garlic Yogurt Sauce

Serves: 1-2

## Ingredients:

1 large Sweet Potato, julienned  
1 teaspoon Extra Virgin Olive Oil  
Salt & Pepper

## Dipping Sauce Ingredients:

½ cup plain Greek Yogurt  
½ teaspoon garlic powder  
½ teaspoon onion powder  
1 teaspoon Hot Sauce

## Equipment Needed:

Bowl  
Spoon  
Baking sheet  
Knife  
Cutting board  
Parchment paper

## Directions:

Preheat the oven to 400 degrees.

In a small bowl, combine all the dipping sauce ingredients and stir until well mixed.

Line a baking sheet with parchment paper. Add the sweet potato, oil, and pepper to the baking sheet. Use your hands to coat all of the sweet potato fries in oil and pepper.

Position the well-coated sweet potatoes into a single layer and bake for 30 minutes.

Remove the sweet potato fries from the oven after 30 minutes and sprinkle with salt. Allow the fries to sit on the pan for 3 minutes before serving. This allows the steam to escape and the fries to firm up a bit.

Serve with dipping sauce and enjoy!



A Pound of Cure  
Dr. Matthew Weiner