



the best oven-baked sweet potato fries

Want to have your fries and eat them too? Yes, there's a healthy alternative to the greasy-goodness of deep fried potatoes. These oven-baked Sweet Potato Fries, creamy-yet-crisp-baked French fries that have been tossed in a Tex Mex seasoning, are super satisfying, especially when dunked in this creamy lemon dip.

SERVES: 4



julie albert & lisa gnat



ingredients

- 2 large egg whites
- 2 tbsp olive oil
- 1 lime, juiced
- 1 tsp sugar
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 2 lbs (about 4) sweet potatoes, peeled and cut lengthwise into 1/2-inch thick strips

Creamy Lemon Dip

- 1/2 cup mayonnaise
- 2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp chopped fresh thyme
- 1/4 tsp kosher salt

directions

- 1.** Preheat oven to 425°F. Line a large baking sheet with parchment paper.
- 2.** In a large bowl, whisk egg whites until frothy. Whisk in olive oil, lime juice, sugar, cumin, chili powder, salt and pepper. Add potatoes, tossing to coat. Spread potatoes in a single layer on prepared baking sheet and roast them in the oven for 20 minutes or until golden on the bottom. Turn the potatoes over and continue to bake for an additional 15 minutes or until golden brown all over.
- 3.** For the dip, in a small bowl, whisk mayonnaise, lemon juice, lemon zest, thyme and salt. Serve with baked fries.

“Sweet potatoes. We are sweet potato lovers, especially the President.”

— MICHELLE OBAMA

print

