

Loaded Mediterranean Sweet Potato Fries



Servings: 4

Sweet Potato Fries:

3 medium sweet potatoes
2 tablespoons olive oil
1 teaspoon dried oregano
1/2 teaspoon paprika
1/2 teaspoon garlic powder
salt and pepper, to taste

Tomato Cucumber Salad:

1 tomato, chopped
1 cucumber, chopped
1 tablespoon dried dill
2 tablespoons red onion, chopped
1 tablespoon olive oil
1 teaspoon lemon zest
salt and pepper, to taste

Tahini-Yogurt Sauce:

1/4 cup tahini
1/4 cup Greek yogurt
2 tablespoons lemon juice
1 tablespoon olive oil
salt and pepper, to taste

Sweet Potato Fries:

Cut your sweet potatoes lengthwise into fries. Transfer your sweet potatoes into a bowl.

To the bowl add olive oil, dried oregano, paprika, garlic powder, salt, and pepper. Toss to coat.

Place the sweet potatoes in an even layer on a baking sheet lined with parchment paper.

Bake in a 350°F oven for 1 hour until the sweet potato fries are soft and slightly charred in spots.

Tomato Cucumber Salad:

In a bowl combine tomato, cucumber, dried dill, red onion, olive oil, lemon zest, salt, and pepper. Stir to combine.

Tahini-Yogurt Sauce:

In a small bowl whisk together tahini, Greek yogurt, lemon juice, olive oil, salt, and pepper.

To Assemble:

Place the sweet potato fries on a platter or plate. Top with Tomato Cucumber Salad. Drizzle Tahini-Yogurt sauce over top.

Serve

Per Serving (excluding unknown items): 314 Calories; 21g Fat (57.5% calories from fat); 5g Protein; 30g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 71mg Sodium; 7g Total Sugars; 0mcg Vitamin D; 128mg Calcium; 2mg Iron; 631mg Potassium; 194mg Phosphorus. Exchanges: .