

Baked Sweet Potato Cubes/Fries- Serves 6



INGREDIENTS:

- 1 1/2 lbs. sweet potatoes (or about 4 medium)
- 1 Tbsp. canola or olive oil
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper

DIRECTIONS:

1. Preheat convection oven to 375°F (425°F for home ovens),
Line baking sheets with parchment paper
2. Scrub and peel potatoes
3. Cut the potatoes in half the long way; cut ¼ inch slices for fries;
or cut into 1-inch chunks
4. Combine potatoes, oil, and salt in a bowl;
toss to coat potatoes with oil.
5. Lay potato slices/cubes on lined baking sheet in a single layer.
6. Bake about 30 minutes total; turning after 15 minutes
7. Pepper lightly immediately out of the oven, if desired.

SRIRACHA DIPPING SAUCE: In a bowl combine: 2/3 cups lite mayonnaise, 1/2 cup ketchup, 1 Tbsp Sriracha sauce, 2 ½ tsp apple cider vinegar, 1/4 tsp ground black pepper and a pinch of salt. Mix. Garnish with paprika. Cover and refrigerate.

GREEK YOGURT RANCH DIP: Stir together all ingredients: 1 cup Greek yogurt, ¾ tsp garlic powder, ½ tsp onion powder, ½ tsp dill, ¼ tsp Worcestershire, and a pinch of cayenne pepper. Salt and pepper to taste. Garnish with chopped chives. Cover and refrigerate.

SWEET POTATO FRIES DIP: Mix: ½ cup lite mayonnaise, 2 Tbsp ketchup, ¼ tsp chili powder and a pinch cayenne pepper. Refrigerate.



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