

Sweet Potato Fries with Honey Mustard

INGREDIENTS

- 2 large sweet potatoes
- 1 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 2 teaspoon olive oil

Honey Mustard Dip:

- 1/4 cup low fat plain greek yogurt
- 1/4 cup dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 - 2 tablespoons honey

SERVINGS: 4

TIME: 20 MIN



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PROCEDURE

1. Rinse and ensure dryness of sweet potatoes
2. Cut into 1/2 inch thick strips and place in large bowl
3. Add in olive oil, salt, cumin, cayenne pepper, and black pepper and coat sweet potato fries
4. Place in single layer in air fryer basket, cook at 380°F for 14 minutes, flipping halfway through
5. In a small bowl, combine honey, dijon mustard, greek yogurt, lemon juice, and olive oil, mix well
6. Serve fries with honey mustard and enjoy!

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