

# GRILLED SWEET POTATO FRIES WITH SWEET SOUR CREAM DIP

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 4*

## Nutrition (per serving)

Calories: 175

Total Fat: 4.5 g

Saturated Fat: 1 g

Sodium: 85 mg

Total Carbohydrate: 30 g

Dietary Fiber: 4 g

Protein: 3 g



## Ingredients

### *Fries*

- Cooking spray
- 4 small or 2 large sweet potatoes

### *Sweet Sour Cream Dip*

- ¼ cup light sour cream
- 1 Tablespoon canola oil
- Paprika to garnish
- 1 Tablespoon brown sugar



**OSF<sup>®</sup>**  
HEALTHCARE

## Directions

1. Spray with cooking spray and preheat grill to medium heat.
2. Peel sweet potatoes and slice into thick "steak" cut fry size (about 1 inch wide, 4 inches long).
3. Place in zip top bag with canola oil and toss to coat evenly.
4. Once preheated, place fries on grill. If kept closer to outside of grill, may take up to 30 minutes flipping every 5-7 minutes to grill evenly. Careful when placing on direct heat that they do not burn if kept on too long.
5. When fries are cooked, sprinkle with paprika before serving.
6. In a small bowl, mix sour cream and brown sugar. Serve with fries.



**OSF<sup>®</sup>**  
HEALTHCARE