

Sweet Potato Fries Supreme

16 ingredients · 30 minutes · 3 servings



Directions

1. Preheat oven to 450. Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
2. Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25-30 minutes, flipping halfway.
3. Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
4. Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
5. In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
6. Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

Notes

Crispier Fries

Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

More Greens

Turn it into a salad by serving it over a bed of greens.

Meat Lover

Top with cooked ground chicken, ground turkey, lean ground beef or organic bacon.

Less Work

Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.

Ingredients

- 2 Sweet Potato
- 2 tbsps Coconut Oil (melted)
- 1/2 tsp Paprika
- 1/2 tsp Cumin
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado
- 1/8 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (hot)
- 3/4 cup Corn
- 1 cup Cherry Tomatoes (cut into quarters)
- 1/4 cup Cilantro (chopped)