



These loaded sweet potato fries pair perfectly with the roasted red pepper dip to take game day snacking up a notch.

Yields: 4 to 6 servings

Preparation: 40 minutes

Ingredients

3 large sweet potatoes, skin on, scrubbed well (about 2.5 lbs)

3 Tbsp (45mL) cornstarch

¼ cup (60mL) olive oil

1 tsp (5mL) sea salt

½ tsp (2mL) granulated garlic

¼ tsp (1mL) red pepper flakes

1 250g container Nordica Smooth Dips – Roasted Red Pepper

3 tsp (15mL) minced jalapeno pepper or to taste

1 small avocado, chopped

½ cup (125mL) drained and rinsed canned black beans

1 Tbsp (15mL) fresh lime juice (about ½ a lime)

2 green onions, sliced

¼ cup (60mL) diced red bell pepper

¼ cup (60mL) fresh cilantro leaves

Optional Toppings: Slivered radishes, jalapeno rings, shredded Parmesan cheese



Instructions

Preheat oven to 425°F (220°C). Line two large baking sheets with parchment paper.

Cut sweet potatoes into 1/4 -inch (1cm) thick fries and place in large bowl. Toss with cornstarch until all fries are coated. Add olive oil, salt, granulated garlic and red pepper flakes; toss until potatoes are well coated. Arrange on prepared pans in single layer. Roast for 30 to 35 minutes or until cooked through and starting to brown, flipping half way through and rotating pans.

Meanwhile, in a small bowl, stir together Nordica Smooth Dip and jalapeno; set aside.

In another small bowl, gently stir together the avocado, black beans and lime juice; set aside.

When the fries are ready, remove from oven. Place all the fries onto one pan; drizzle with several spoons of the dip mixture. Scatter avocado and black beans, green onions, red pepper, cilantro and optional toppings (if using), evenly over fries. Serve immediately with extra dip on the side.

Tip: Make sure to cut the sweet potato fries as evenly as possible for even cooking.