



Kids' healthy eating

Sweet potato fries with chipotle yogurt dip

Makes approximately two servings

INGREDIENT LIST:

2 medium to large sweet potatoes
2 tablespoons olive oil
1 teaspoon paprika
1 teaspoon garlic powder
Salt and pepper

PREPARATION:

Preheat oven to 400° F, and line a baking tray with parchment paper. Cut sweet potatoes into strips, about ¼ inch to ½ inch wide. Toss them with olive oil in a large mixing bowl. Add paprika, garlic powder, salt and pepper and toss well. Transfer to the prepared baking sheet. Bake for 10-15 minutes until brown on the bottom, then flip and bake another 10-15 minutes. Serve with chipotle yogurt dip.

ADDITIONAL TIPS:

- Sweet potatoes are loaded with vitamins A and C and minerals including potassium and magnesium.
- A baking sheet prepped with cooking spray can be used if you don't have parchment paper.
- Potatoes can be difficult to cut, so it may be helpful for you to halve them first for your teen to make it safer for them to cut them into strips.

CHIPOTLE YOGURT DIP (makes four servings)

1 cup plain Greek yogurt
1 garlic clove, minced
Juice from ½ lime
1 teaspoon chipotle powder
½ teaspoon garlic powder
Salt to taste

Add Greek yogurt, garlic, lime juice, chipotle powder, garlic powder and salt to a bowl and mix well.

TIP: You can change the seasonings used in the yogurt dip to switch up the flavors.

Watch a video of how to make this recipe at missionhealthykids.org under For Families and Nutrition.

Mission: Healthy Kids raises awareness about the impact of nutrition, physical activity and healthy minds on kids' physical development, ability to learn and emotional well-being.

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