panko and turmeric crusted sweet potato fries



prep time:
40

featured product:
romaine heart leaves, SUPERGREENS!

breakfast on the go: panko and turmeric crusted sweet potato fries with a supergreens goddess dip. these crispy baked fries are accompanied by a zesty supergreen goddess dressing -organicgirl supergreens, avocado and herbs. as an on-the-go breakfast, we like serving these in romaine lined charcuterie cones.

ingredients

yield: 4 servings

for the fries:
2 medium sweet potatoes, peeled
1 cup panko bread crumbs
1 teaspoon turmeric
1 teaspoon salt
1/4 teaspoon cayenne pepper
vegetable or olive oil spray
1/2 cup cornstarch
2 eggs

for the dip:
1 -5 ounce package **organicgirl supergreens**
1/2 cup low-fat or fat free greek yogurt
1/2 ripe avocado
1/ 4 cup mixed herbs (we used basil, chives and parsley)
1 tablespoon olive oil
1 tablespoon rice vinegar
1 teaspoon honey
1/4 teaspoon cayenne pepper
1/2 teaspoon salt, or to taste

organicgirl baby romaine leaves for serving

directions

1. cut sweet potatoes into 1/2 thick inch sticks or wedges and leave to soak in a bowl of cold water for half an hour to remove excess starch. this will allow the fries to become more crispy.

2. heat a skillet over medium heat and toast panko, stirring until evenly golden brown. the crumbs will continue to brown in the oven, but this will give them a nice head start. once brown remove from heat and stir in turmeric, salt and cayenne.

3. preheat oven to 400. coat a large baking sheet with cooking spray and set aside.

4.remove sweet potatoes from water and place on a kitchen towel to dry. once dry, return to a dry bowl and spray to lightly coat potatoes with oil spray.

5.place cornstarch into a shallow dish. break the eggs into another shallow dish and whisk.

6. working with a few a a time, coat potato strips first in cornstarch then egg and finally panko mixture before placing onto the prepared baking dish. do not crowd them.

7. bake for 20 to 30 minutes until potatoes are crispy, lightly brown and tender on the inside.

8. while the potatoes are baking, combine remaining ingredients in a blender and process into creamy dip. add a little water, if the dip is too thick.

9. line four paper charcuterie cones with organicgirl baby romaine leaves and fill with potato fries. serve with supergreen godess dip on the side.

nutrition

Panko crusted Sweet Potato Fries
Calories: 353
Total Fat: 1 2.6g
Saturated Fat: 2.8g
Cholesterol: 83mg
Sodium: 430mg
Total Carbohydrate: 51.3g.
Dietary Fiber: 6.4g
Total Sugars: 9.9g
Protein: 9.4g