



## Healthy cooking with kids

# Sweet potato fries with chipotle yogurt dip

**MAKES APPROXIMATELY 2 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 degrees F, and line a baking tray with parchment paper. Cut sweet potatoes into strips, about one-quarter inch to one-half 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 half of a lime

1 teaspoon chipotle powder  
half a teaspoon garlic powder  
Salt to taste

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

Watch our cooking videos on YouTube. Search Children's Wisconsin sweet potato fries.