



Baked Sweet Potato Wedges with Garlic Dipping Sauce

Love sweet potatoes? Cut them in wedges and make this delicious recipe! The wedges are loaded with great flavors and the cool dipping sauce makes the perfect accompaniment. Enjoy!

Ingredients:

2 Sweet Potatoes, peeled and cut into wedges
1 tbsp. of olive oil
2 tsp. curry powder
1 tsp. cumin
½ tsp. smoked paprika
¼ tsp. kosher salt
2 cloves of garlic, crushed
¼ tsp. garlic powder
½ cup of plain, nonfat Greek yogurt
½ tsp. of white wine vinegar
1 tbsp. fresh chopped parsley
A pinch of salt

Preparation steps:

Pre-heat your oven to 400 degrees.
Peel the sweet potatoes and cut into wedges. Place them in a large bowl.
Drizzle the olive oil over the potatoes. Sprinkle evenly the spices and salt.
Toss with your hands until the sweet potatoes are evenly coated.
Lightly coat a baking sheet with cooking spray. Place the sweet potatoes on the sheet, making sure they are in a single layer (not stacked). Bake for 15 minutes.
Remove and turn the potato wedges over.
Return them over and bake for another 15-20 minutes or until the potatoes are golden brown on the outside.
Make the garlic dipping sauce: Combine the garlic, garlic powder, yogurt, vinegar, parsley, and salt in a small bowl. Place the sauce in the refrigerator until your potatoes are ready to done.

Remove the potatoes from the oven and pile them on a serving plate. Serve with the garlic yogurt dipping sauce.

Bonus Items

If you want to watch the video again, click [here](#).

If finding smoked paprika locally is a challenge, you can find it online [here](#).