



Baked Sweet Potato Fries with Tahini Dip

★★★★★ 5 from 1 reviews

Author: Ellie Prep Time: 5 mins Cook Time: 30 mins Total Time: 35 mins Yield: 2 large servings

Category: Side Method: Oven

Description

The best baked sweet potato fries you will make – and make again! Pair these with a creamy tahini dip and you are halfway to dinner.

SCALE

Ingredients

2 large sweet potatoes
1 1/2 Tablespoons olive oil
1/2 teaspoon cumin (omit for AIP)
Salt & Pepper (omit pepper for AIP)

FOR THE TAHINI DIP:

1/4 cup Greek yogurt (omit for AIP)
2 Tablespoons tahini
1 clove garlic, pressed or minced
1 Tablespoon water, to thin
Splash of lemon juice
Drizzle of olive oil
Salt & pepper, to taste (omit pepper for AIP)

Instructions

- 1 Preheat the oven to 425 degrees F.
- 2 Cut your sweet potatoes into wedges that are roughly the same size. Place on a baking sheet and toss with olive oil, cumin, salt, and pepper.
- 3 Roast for 30 minutes (make sure the fries are not touching), flipping halfway through.
- 4 As the sweet potatoes are roasting, combine the Greek yogurt, tahini and garlic in a bowl. Stir to combine. Add water to thin and the splash of lemon juice. Sprinkle with salt and pepper and drizzle with olive oil. Stir to combine.

Keywords: *sweet potato, sweet potato fries, tahini*



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