

Healthy Loaded Fries, Mediterranean Style

 Add to Collection

These healthy loaded fries are absolutely divine & super easy to make. Topped with creamy Sabra hummus & yogurt dressing, lentils, beets, tangy feta cheese, and fresh herbs~they're perfect for a delicious Mediterranean inspired vegetarian dinner!



5 from 2 votes

Prep Time
15 mins

Cook Time
25 mins

Total Time
25 mins

Course: Dinner, Lunch Cuisine: Gluten Free, Mediterranean, Vegan Option, Vegetarian

Keyword: baked fries, healthy fries Servings: 4 servings Calories: 430

Author: [EA Stewart, RD | Registered Dietitian Nutritionist](#)

Ingredients

- 16 ounces frozen shoestring french fries
- 1 container Classic Sabra hummus
- 1/2 cup 2% Greek yogurt
- 1 Lemon, divided 1/2 juiced, 1/2 cut into wedges
- 1 cup chopped cooked beets about 4 small beets
- 1 cup cooked lentils
- 4 ounces feta cheese crumbled
- 1 cup chopped fresh dill
- 1 cup chopped green onions

Instructions

1. Bake the fries according to package directions. (I baked mine at 425 degrees F, for 25 minutes to get them extra crispy).
2. While the fries are baking, make the Sabra hummus sauce by combining the hummus, Greek yogurt, and juice from 1/2 a lemon in a bowl. Stir well to combine ingredients, and set aside (or make ahead and store in the refrigerator) until ready to serve.
3. Dice the cooked beets (I used vacuum packed, pre-cooked beets), and heat the lentils in the microwave for ~ 1 minute. (I also used vacuum packed, pre-cooked lentils, but canned will work well too, or cook your own.)
4. Crumble the feta cheese, and chop the dill and green onions, and set aside.
5. When fries are done baking, divide them onto 4 serving plates. Top each plate of fries with 1/4 each of the Sabra Hummus sauce, beets, lentils, feta cheese, dill, and green onions. Serve hot, with a wedge of lemon juice.

Notes

Vegan Option: Omit feta cheese.

Nutrition

Serving: 1 serving | Calories: 430kcal | Carbohydrates: 51g | Protein: 18g | Fat: 18g | Saturated Fat: 6g | Polyunsaturated Fat: 11g | Monounsaturated Fat: 1g | Cholesterol: 28mg | Sodium: 861mg | Potassium: 403mg | Fiber: 10g | Sugar: 6g | Vitamin A: 400IU | Vitamin C: 17.3mg | Calcium: 240mg | Iron: 3.6mg