

# Garlic "Parmesan" Sweet Potato Fries

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template approved



prep time  
15-20 min



total time  
45-60 min



servings  
6

## Ingredients

- 4 sweet potatoes (~600-800 grams), cut into matchsticks  
~6-8 servings of carb
- 3 tablespoons extra virgin olive oil  
~3 servings of fat
- 1/4 to 1/3 cup (~32 to 43 grams) nutritional yeast ~ 2.5 to 3.5 servings of protein and 1 to 2 servings of carb
- 2 tablespoons ghee ~ 2 servings of fat
- 1 teaspoon smoked paprika
- 1/4 cup fresh oregano leaves
- kosher salt and black pepper
- 2 cloves garlic, minced or grated

## Spicy Aioli

- 1/2 cup/8 tbsp avocado oil-based mayo ~ 8 servings of fat
- 1-2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic grated
- 1/2-1 teaspoon cayenne pepper

## Instructions

- 1 Preheat the oven to 425 degrees F.
- 2 Place the sweet potatoes on a large baking sheet and toss with olive oil, paprika, and a large pinch each of salt and pepper. Spread the fries out in an even layer. Do not overcrowd the pan. If needed, divide the fries between 2 baking sheets.
- 3 Transfer to the oven and bake for 15-20 minutes, then flip, and toss with the oregano. Return to the oven and bake for 15-20 minutes more. You want the sweet potatoes to be tender, yet crisp.
- 4 Melt the butter and garlic together in a small pan over medium heat. Remove the fries from the oven and gently toss with the garlic butter and nutritional yeast.



- 5 To make the aioli, Mix all ingredients in a bowl until smooth and creamy. Season with salt.

- 6 Serve the fries with spicy aioli!

Whole Recipe Breakdown:

Protein Servings: 2.5 - 3.5

Carb Servings: 7 - 10

Fat Servings: 13

Veggie Servings: 0

# simple side dish

