

LiveWell

Air-fryer fries with homemade dips

Yield: 8 servings



Ingredients:

2 large sweet potatoes, skin on
2 large russet potatoes, skin on
¼ cup olive oil
2 teaspoons paprika
2 teaspoons garlic powder
1 teaspoon ground cinnamon

Spicy dipping sauce:

¼ cup light mayonnaise
¼ cup non-fat Greek yogurt
2 teaspoons Sriracha
1 teaspoon garlic powder
2 teaspoons white wine vinegar

Chili lime dipping sauce:

¼ cup light mayonnaise
¼ cup non-fat Greek yogurt
2 Tablespoons lime juice
Zest of 1 lime
¼ teaspoon chili powder
¼ teaspoon paprika
¼ teaspoon cumin
¼ teaspoon garlic powder

Directions:

1. Cut potatoes lengthwise into ¼ to ½ inch slices. Cut the slices into ¼ to ½ inch sticks and place in a medium bowl.
2. Preheat air fryer to 375° F.
3. Add olive oil, paprika, garlic powder, and cinnamon to potato sticks and toss to coat.
4. Arrange fries in air fryer in a single layer, making sure they are spread out and do not overlap (this may require cooking them in more than one batch). Fry for 12-15 minutes until crispy.
5. While fries are cooking, assemble the sauces. To make spicy dipping sauce, combine all ingredients in a small bowl and stir well.
6. To make chipotle lime sauce, combine all ingredients in a small bowl and stir well. Serve fries immediately after cooking.

Nutrition information per serving:

Calories: 228

Fat: 12 grams

Saturated fat: 1.5 grams

Cholesterol: 6 mg

Sodium: 161 mg

Carbohydrate: 27 grams

Fiber: 3 grams

Protein: 4 grams

Food exchanges:

2 carbohydrates

1 vegetable

1 fat