

Roasted Caribbean Sweet Potatoes Fries with Mango Dipping Sauce



3 large sweet potatoes, peeled and sliced into wedges *
¼ cup melted coconut oil**
2 tbsp brown sugar
½ tsp ground cumin
½ tsp garlic powder
½ tsp onion powder
½ tsp thyme
1/8 tsp ground allspice
4-5 dashes of cayenne pepper
½ tsp salt
Parchment paper

*Cut wedges not as large as steak fries but not as thin as pommes frites. ** Microwave on medium heat for 30-45 seconds.

Cut wedges and set aside. Preheat oven to 425 degrees. In mixing bowl combine dry ingredients, add melted coconut oil and stir. In large bowl, pour oil and spice mixture over sweet potato wedges to coat. Layer wedges on large cookie sheet covered with parchment paper. Cook in oven at 425 for 20-25 minutes, test for doneness. Fries should be slightly crispy. Remove from oven and layer on paper towels to remove any excess oil and make them crispier.

Creamy Mango Dipping Sauce

2 large ripe mangos, peeled and cut into chunks
1/3 cup mayonnaise
1/3 cup plain yogurt
¼ cup chopped cilantro leaves
2 tbsp coco lopez (sweet condensed coconut milk)
1 tbsp rice wine vinegar
Juice of 2 limes
½ tsp chili oil

Mix ingredients in food processor, pour into bowl and serve with hot sweet potato fries.