



Sweet Potato Tots with Jalapeño Garlic Ranch Dipping Sauce

Serves 4 (serving size about 15 tots). Recipe adapted from Cooking Light.

Ingredients

Sweet Potato Tots:

3 medium sweet potatoes
1 teaspoon cinnamon, divided
1/2 teaspoon kosher salt, divided
1/4 cup flour
3/4 cup panko bread crumbs
2 egg whites
Cooking spray

Jalapeño Garlic Ranch Sauce:

1/2 cup 2% Greek yogurt
3 tablespoons low-fat buttermilk
2 tablespoons low-fat mayo
1 tablespoon Dijon mustard
1 garlic clove
1 jalapeño pepper, seeded
2 tablespoons fresh chives
2 tablespoons fresh parsley
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Nutritional info

Calories:	235
Total fat:	9g
Cholesterol:	15mg
Sodium:	614mg
Total Carbs:	35g
Protein:	10g

Directions

1. Preheat oven to 400°F.
2. Pierce sweet potatoes with a fork several times. Bake sweet potatoes on baking sheet lined with foil until soft, about 45-55 minutes. Let cool.
3. Remove skin from sweet potatoes and combine flesh with 1/2 teaspoon cinnamon and 1/4 teaspoon salt. Let the mixture sit in fridge for 10-15 minutes.
4. In a bowl separate and keep the egg whites only.
5. In a separate bowl, combine almond meal, panko, 1/2 teaspoon cinnamon, and 1/4 teaspoon salt.
6. Roll about 1 tablespoon sweet potato mixture into a tot shape, douse in egg white mixture, and roll in breading mixture. Place on an oiled baking.
7. Once all tots are on baking sheet, spray tots with cooking spray in order to achieve even browning.
8. Bake at 400°F for 45 minutes or until they've reached desired crispiness, flipping tots halfway through.
9. For the dressing, combine all ingredients in a food processor. Serve immediately.