

# Spiced Sweet Potato Oven Fries with Garlicky Yogurt Dip

From – *The Oz Family Cookbook*

7 oz plain Greek yogurt  
1 tsp tahini  
½ tsp honey  
1 clove garlic, crushed  
salt  
2 large sweet potatoes  
1 Tbsp olive oil  
2 tsp dried oregano  
½ tsp red pepper flakes

- Position racks in the top third and center of the oven and preheat the oven to 400F.
- Mix the yogurt, tahini, honey, and garlic together in a small bowl. Season to taste with salt. Let stand at room temperature to blend the flavors while preparing the sweet potatoes.
- Peel the sweet potatoes. Trim off and discard the pointed tips. Using a large knife, cut each sweet potato lengthwise into slabs about ½ inch thick, and then into fries about ½ inch wide.
- Lightly oil two large rimmed baking sheets.
- Toss the potatoes with the oil in a large bowl. Add the oregano and red pepper flakes, and toss again, seasoning the fries with 1 tsp salt.
- Divide the sweet potatoes between the baking sheets, spreading them out in a single layer. Bake, flipping the fries over halfway through cooking, until they are tender and browned, about 40 minutes.
- Serve immediately with the dip.



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