



BBQ RECIPE



SPICY GRILLED SWEET POTATO FRIES

It's BBQ season! EWSNetwork has some tasty BBQ recipes for you to bring to your patio this summer!

Spicy Grilled Sweet Potato Fries

Serves 4

Ingredients:

- 4 large sweet potatoes, peeled, and sliced into thin wedges or sticks
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon chili powder

Dipping sauce

- 1/3 cup ketchup
- 1/3 cup low fat mayo
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder



Instructions:

1. Cut potatoes into wedges or sticks.
2. Boil potatoes for 5 minutes or until potatoes are easily pierced with a fork, then drain and pat potatoes dry.
3. Add potatoes to a large bowl with olive oil and toss them together. Sprinkle with salt, garlic powder, and chili powder.
4. Place potatoes on grill and cook over high heat for 10-15 minutes, turning once half way through.
5. Whisk together all the dipping sauce ingredients and serve with fries.

Nutritional Info (per serving):

Calories:	116.9	Sodium:	151.1mg
Total Fat:	5.4g	Protein:	1.2g

Source: www.lecremedelacrumb.com