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Aug 15, 2011 @ 3:15 PM
Posted by Taste of Home, Special Contributor



Credit: TasteofHome.com

This healthy twist on everybody's favorite side dish offers a lighter take on the fried version.

INGREDIENTS

For the fries:

- 1 teaspoon coriander seeds
- ½ teaspoon fennel seeds,
- ½ teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- 2 pounds sweet potatoes (about 4 medium sweet potatoes), peeled and cut into wedges

2 tablespoons canola oil **ON SALE**

For the dip:

1 ¼ cups mayonnaise **ON SALE**

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Butter Cookies

Caramel Apple
Bread Pudding

- 2 tablespoons lime juice
- 2 tablespoons cilantro, finely chopped 
- 2 cloves garlic, minced
- 1 teaspoon ground mustard
- ¼ teaspoon cayenne
- 1/8 teaspoon salt



DIRECTIONS

For the Fries:

Preheat oven to 400 degrees.

In a spice grinder or with a mortar and pestle, combine the coriander, fennel, oregano, and pepper flakes; grind until mixture becomes a fine powder. If you don't have either of these tools, try placing the ingredients in a sturdy zip-lock bag. Using a rolling pin, roll over the spice mixture repeatedly until powder. Empty contents into a bowl and stir in salt.

For the Dip:

In a large bowl, combine the potatoes, oil, and ground spices; toss to coat evenly. Transfer the potatoes to a baking pan and [bake](#) for 30-35 minutes, or until crisp and golden-brown.

Recipe Details

Serves 5

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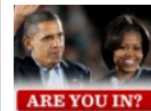
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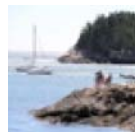
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