

Moroccan Sweet Potato Skins with Marrakesh Dip

Luscious sweet potatoes strips are cooked to a crispy golden color and topped with a sprinkling of fresh cilantro. A refreshing Marrakesh dip made from Greek yogurt, orange marmalade and chopped mint leaves accompanies this side.

Yield: 24 - 4 strips/potato skins; 2 Tbsp Marrakesh Dip

Serving Size: 1 - 0

Portions: 24



Ingredients

	Measure
Greek style yogurt; plain	2 1/2 Cup
Orange Marmalade; prepared	1/2 cup
Mint; fresh, small chop	2 Tbsp
Mrs. Dash Lemon Pepper Seasoning Blend	2/3 cup
Extra Virgin Olive Oli	1/2 cup
Water	1/2 cup
Sweet Potatoes; whole	16 medium
Cilantro; fresh, small chopped	1/4 cup

Preparation

- To prepare the Marrakesh Dip: Evenly combine all ingredients. Reserve cold. Makes 3 C.
- To prepare the Potato Skins: Preheat oven to 425°F. Combine Mrs. Dash Lemon Pepper with olive oil and water. Reserve until ready to brush on sweet potato skins in step 7.
- Pierce sweet potatoes all over with a fork then arrange on a lightly greased foil-lined sheet pan and bake until tender but not mushy, approximately 60 minutes.
- Transfer cooked potatoes to a cutting board when cool enough to handle (approximately 10 minutes).
- Slice each potato in half lengthwise and scoop out the flesh; leaving about ¼" thick edge along the sides and bottom of each potato half. Reserve the scooped out flesh for another use (see hints).
- Cut each potato half lengthwise, into 3 equal width skins/strips (totaling 96 strips).
- Arrange potato skins on lightly greased foil lined sheet pans. Brush each skin evenly with the Mrs. Dash Lemon Pepper-olive oil mixture.
- Broil the skins until crispy golden in color and piping hot. Remove from oven and evenly sprinkle the skins with cilantro.
- Serve immediately with Marrakesh Dip.
- HINTS: Seasoned skins can be kept refrigerated and broiled under the salamander to order. The seasoned skins could also be finished in an oven.
- HINTS: Serve dip in a ramekin or place it in a squirt bottle with a wide tip and zig zag the dip over the skins.
- HINTS: For spicier skins, increase the amount of Mrs. Dash Lemon Pepper to ½ cup (from 1/3 cup).
- HINTS: Russet potatoes could easily be substituted for sweet potatoes.
- HINTS: Pairs well with main entrees of chicken, beef, pork, fish/seafood.
- HINTS: Saved scooped out sweet potatoes can be used for many applications: mashed potatoes, potato pancakes, a base for soup.

Nutrition Facts

Serving Size: 1 0

Servings: 24

Amount Per Serving

Calories 196

Calories from Fat 0

	Per Serving	% Daily Value*
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	2 mg	0%
Sodium	25 mg	1%
Total Carbohydrate	39 g	13%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	4 g	

Vitamin A 0 % **Vitamin C** 0 %
Calcium 0 % **Iron** 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4