

In recognition of Heart and Stroke Prevention Month, the Camrose Primary Care Network would like to offer you some heart healthy recipes—approved by the Camrose PCN dietitian! Each recipe is named after one of our 2011/12 Board of Directors in recognition of their dedication and support of healthy lifestyle prevention initiatives in our community. Happy Cooking!



Dr. Torok-Both's Tasty Sweet Potato Chips and Dip

Prep time: 15 min | Cook time: 20 min | Servings : 4

Enjoy this easy snack that is full of vitamins and as well as addictive. The chips are as easy as they are delicious, served on their own or with the dip. Recipe developed by Emily Richards, PH. Ec. ©Heart and Stroke Foundation 2011.

Ingredients

- ◆ 2 sweet potatoes, about 1 kg/ 2lbs, peeled
- ◆ 15 mL (1 tbsp) canola oil
- ◆ 10 mL (2 tsp) mild chili or curry powder
- ◆ 2 mL (1/2 tsp) cumin seeds (optional)
- ◆ 1 mL (1/4 tsp) freshly ground black pepper
- ◆ Yogurt dip:
 - ◆ 60 mL (1/4 cup) 0% plain Greek yogurt
 - ◆ 30 mL (2 tbsp) mango chutney
 - ◆ Pinch ground coriander
 - ◆ 15 mL (1 tbsp) chopped fresh mint or Italian parsley

Directions

1. Thinly slice sweet potatoes crosswise into 3 mm (1/8 inch) thick slices and place in large bowl. Add oil, chili, cumin and pepper; use your hands to toss them gently to coat evenly.
2. Spread potato slices in a single layer over 2 large parchment paper lined baking sheets. Bake in bottom and top thirds of 250 C (450 F) oven, turning once and switching pans for about 20 minutes or until sweet potatoes are golden brown. Keep an eye on the chips as they can become golden quickly in the last few minutes of cooking. Let cool slightly.

Yogurt dip: In small bowl, stir together yogurt, chutney, coriander and mint. Serve with chips.

Tip: For thin, even sweet potato slices, use a mandolin or the vegetable slicer on a food processor.

Option: Use 1 kg/ 2 lbs parsnips, peeled and thinly sliced, in place of the sweet potatoes.



Nutritional Information per serving:

Calories: 263 ♦ Protein: 5 g ♦ Total Fat: 4 g ♦ Saturated Fat: 0 g ♦ Cholesterol: 0 g ♦
Carbohydrate: 53 g ♦ Fibre: 7 g ♦ Sodium: 173 mg ♦ Potassium: 605 mg ♦



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