

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet Potato Spears

From Paleo Comfort Foods by Julie and Charles Mayfield

It is definitely the chipotle sauce that makes these great! Give it a try and you will not be disappointed!

- 4 medium-sized sweet potatoes, cut lengthwise into spears
- ¼ cup olive oil
- 2 tsp cumin
- ½ tsp salt
- ½ tsp pepper
- ½ cup Chipotle Dipping Sauce*

1. Preheat the oven to 400°. Cover two cookie sheets with aluminum foil.
2. Toss sweet potatoes with olive oil, cumin, salt, and pepper and spread out evenly on cookie sheets, making sure not to crowd the spears.
3. Turn potatoes once or twice during baking. Bake 30-40 minutes or until potatoes are done and slightly crispy.
4. Serve with Chipotle Dipping Sauce

***Chipotle Dipping Sauce:**

½ cup mayonnaise (I used *Vege*naise, but you can use an organic mayo, or try making your own with the recipe below.)

- ½ cup cilantro
- 1 clove garlic
- 2 Tbsp olive oil
- 2 chipotle peppers in adobe sauce
- Juice of 1 lime

Combine all ingredients in a mini-blender or food processor until mixed well. Keep refrigerated until ready to serve.

Paleo Mayonnaise:

- 1 large egg, brought to room temperature
- 1 ½ Tbsp lemon juice
- ½ tsp mustard powder
- ½ cup light or very mild tasting olive oil
- ¼ tsp white pepper (optional)

1. Combine egg, lemon juice, and mustard in food processor and blend until frothy.
2. Using the drip hole in the top of the processor, or pouring teaspoon by teaspoon to start, drizzle the oil in drop by drop. *Do not rush this process, or you will end up with scrambled eggs mixed with oil!*
3. Once you have quite a few drops in there, you can pour the oil into the feed tube part of the food processor to let that useful drip hole control the rate of flow for you.
4. Refrigerate in sealed container. This will keep for a week or so.