Sweet Potato Bites & Dip



What You'll Need

› 2 average size baked sweet potatoes
› ½ red Sweetpeps mini pepper
› ½ yellow Sweetpeps mini pepper
› ½ cup parsley chopped fine (¼ cup for making balls and ¼ cup for bread crumb dredging)
› 3 eggs
› 1 cup bread crumbs
› 1 cup of flour
› Salt and pepper to taste
› 1 cup of vegetable or canola oil for frying

Dipping Sauce

› 2 tbsp Sriracha sauce
› ½ cup mayo
› Salt and pepper to taste

Directions

1. Wash and bake sweet potatoes for 1 hr or until potatoes are easily pierced with a fork.
2. Discard the skin and mash sweet potatoes with a potato masher until smooth.
3. Chop Sweetpeps mini peppers to a small dice. (approx. 1/8 inch)
4. Chop parsley fine.
5. Mix ingredients until well incorporated.
6. Add 1 beaten egg, ¼ cup of the bread crumbs, and 1/8 cup of flour for binding.
7. Add salt and pepper to taste.
8. Stir well until evenly mixed and consistency will pack bites together.
9. Form individual balls approximately 1- 2 inches wide.
10. Set up 3 separate bowls for dredging. Bowl 1: Place the remaining ¾ cup of flour seasoned with salt and pepper. Bowl 2: Add 2 beaten eggs seasoned with salt and pepper. Bowl 3: Place remaining breadcrumbs, season with salt, pepper, and chopped parsley.
11. First, roll balls into flour, then move to the egg mixture. Finally, coat evenly with bread crumbs.
12. Place the bites on parchment paper and refrigerate for 30 minutes. (Tip: bites can be made ahead of time.)
13. Preheat deep pan and heat oil to medium-high heat and fry balls, turning often until golden brown or crust has formed.

Optional: Dipping Sauce 2
4 cloves garlic, peeled
1 lb chopped tomatoes
10 leaves of fresh basil
Salt and pepper
1/2 cup olive oil