

Two Way Sweet Potato Wedges

The recipe and photography for this post were provided by local blogger, Abby Thome of [The Thome Home](#).

Taco Wedges

Taco Wedges Ingredients:

- 4 Medium Sweet Potatoes, skin on, cut into wedges
- 1 tbsp taco seasoning

Note: If you don't have taco seasoning on hand us 1 tsp garlic powder, 1/2 tsp paprika, 1/2 tsp chili powder, and a pinch of cumin.

Avocado Sauce Ingredients:

- 1/2 cup avocado
- 1/2 cup buttermilk
- Pinch of salt + pepper
- 1/4 tsp garlic powder : 1 tbsp chopped green onion



Instructions:

1. Blend sauce ingredients together until it is a smooth, pourable puree. If it is too thick, simply add a splash of buttermilk until desired consistency.
2. On a baking sheet lined with foil, prepped with Pam - Bake at 375* for 50 – 60 minutes skin side down. Do not flip or turn them throughout the entire time this ensures that the wedges get a nice crispy exterior.
3. Remove wedges from oven and let cool for 1 minute. Add the warm sweet potato wedges to a bowl, sprinkle with taco seasoning and gently toss.
4. Drizzle wedges with the Creamy Avocado sauce and serve immediately.

Spicy Garlic Parmesan Wedges

Garlic Parmesan Wedges Ingredients:

- 4 Medium Sweet Potatoes, skin on, cut into wedges
- 1 Tablespoon Garlic Powder
- 1/4 cup Parmesan Cheese

Spicy Sriracha Yogurt Sauce Ingredients:

- 1 1/2 Tablespoon Sriracha
- 1/2 cup Greek yogurt
- 1/4 tsp garlic powder

Instructions:

1. Whisk together the sriracha, Greek yogurt + garlic powder. Set sauce aside.
2. On a baking sheet lined with foil, prepped with Pam - Bake at 375* for 50 – 60 minutes skin side down. Do not flip or turn them throughout the entire time this ensures that the wedges get a nice crispy exterior.
3. Remove wedges from oven and let cool for 1 minute. Add the warm tater tots to a bowl, sprinkle with garlic powder and Parmesan cheese and gently toss! Drizzle with the sriracha sauce and serve immediately.