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## Curried Sweet Potato Rounds and Dip

### *Sweet Potato Rounds*

2	sweet potatoes or yams (~2lbs or 1 kg)
2 tbsp	grapeseed or olive oil
2 tsp	mild curry paste or powder
½ tsp	cumin seeds
½ tsp	Celtic sea salt
¼ tsp	pepper

### *Mango Chutney Coriander Dip*

1/3 cup	natural mayonnaise (ie few extras)
2 tbsp	Major Grey mango chutney
1 tsp	mild curry paste or powder
½ tsp	coriander seeds, crushed
1 tbsp	fresh cilantro, chopped (optional)

Preheat oven at 450oC. Scrub potatoes well. Thinly slice them crosswise into 1/8<sup>th</sup> inch thick slices and place them in a large bowl. Add oil, curry paste, cumin seeds, salt and pepper, and using your hands toss potatoes gently to coat evenly. Spread potato slices in a single layer over a large parchment-paper-lined baking sheet. Bake, turning once and rotating pans for about 17-20 minutes or until potatoes are golden brown and tender. Let cool slightly.

For dip – whisk together mayonnaise, chutney, curry, and coriander seeds until combined. Sprinkle with fresh cilantro.

Adapted from *Food & Drink – Holiday 2007* published by the LCBO.

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### Nutritional Value of Select Ingredients

Sweet Potato – A “power food”, sweet potatoes contribute to healthy gums and strong connective tissue, help promote the rapid healing of wounds, reduce the risk of cancer and osteoporosis, lower cholesterol levels, and protect against heart disease. Also high in fibre, minerals, and beta-carotene.

Curry - Most recipes of curry powder usually include coriander, turmeric, cumin, and fenugreek, and depending on the recipe, additional ingredients such as ginger, garlic, fennel seed, cinnamon, clove, mustard seed, green cardamom, black cardamom, mace, nutmeg, red pepper, long pepper, and black pepper may also be added. All these spices have very potent healing properties in the body. Eat often!

Coriander/Cilantro – digestive aid, anti-diabetic, cholesterol-lowering

Turmeric – anti-inflammatory, antioxidant

Cumin – digestive stimulant, anti-carcinogen

Fenugreek – respiratory soother, liver protector