

SWEET POTATO "NACHO" CHIPS & GUACAMOLE

Recipe makes
8 servings

Prep time
15 minutes

Cook time
5 minutes



NUTRITION INFO PER SERVING (1/8 recipe)

Calories 150

Protein 1.6 g

Phenylalanine 78 mg

INGREDIENTS

SWEET POTATO "NACHO" CHIPS

2 medium-sized sweet potatoes,
sliced thinly

Oil to deep fry

1 tsp salt

1 tsp smoked paprika

GUACAMOLE

2 avocados, peeled, pitted, and
chopped

1/4 red onion, peeled and chopped

1 Tbsp red chili pepper, deseeded
and finely chopped

1 plum tomato, finely chopped

Salt, to taste

Black pepper, to taste

2 limes

Half bunch fresh cilantro, chopped

DIRECTIONS

SWEET POTATO "NACHO" CHIPS

- 1 Gently place the sweet potatoes into a deep fryer with oil heated to 360°F, or in oil about 1 inch deep in a skillet on the stovetop; and fry for 3 minutes, or until the chips begin to brown.
- 2 Remove chips from the oil using a perforated spoon; place on a paper towel to soak up any excess oil.
- 3 Toss chips in salt and paprika.

GUACAMOLE

- 1 Add chopped avocado to a large bowl and mash with a fork.
- 2 Mix in the onion, chili pepper, tomato, salt, and pepper.
- 3 Squeeze the limes over the avocado mixture and stir to combine.

SERVING SUGGESTION

Arrange the "nacho" chips on a large plate and top with the guacamole and chopped cilantro.

CHEF TIP

Use a mandolin to get thin, evenly cut "nacho" chips.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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