

# 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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