

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## **Sweet Potato Fries with Cheese Sauce**

4 medium sweet potatoes  
½ cup (75 g) raw cashews  
½ cup (120 mL) water  
2 Tbsp (30 g) nutritional yeast  
2 tsp (10 mL) lemon juice  
¼ tsp garlic powder  
¼ tsp onion powder  
1 tsp smoked paprika powder  
sea salt and freshly ground black pepper  
Sriracha hot sauce (optional)

To make the potato fries: preheat the oven to 450F. Cut the sweet potatoes into similar thickness, so they will cook evenly. Soak the fries in cold water for about 10 minutes to remove the starch. Drain and divide the fries over two parchment paper lined baking trays in a single layer. Bake the fries in the preheated oven for 20 minutes. Flip the fries and switch the upper and lower baking tray. Bake them in the oven for another 10 - 15 minutes.

To make the cheese sauce: cover the cashews with boiling water and let them soak for 10 minutes. Then drain. Add drained cashews, water, lemon juice, nutritional yeast, garlic powder, onion powder, salt, and paprika to a high-speed blender. Blend until smooth and creamy. Add the sauce to a medium-sized pot and heat up the sauce over medium-high heat, stirring frequently. After about 3 minutes the sauce should have thickened up a bit.

Serve the sweet potato fries with cashew cheese sauce and sriracha hot sauce.



*Recipe courtesy of food writer, Lynn Ogryzlo*

*Episode: Diabetes Friendly Foods*

*Email Lynn with questions or comments at  
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**Because What You Eat Matters!**