### Ingredients
- 4 medium sweet potatoes, peeled and cut into 1/4-inch matchsticks
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper, to taste
- 5 cloves garlic, pressed
- 1/2 cup grated Parmesan
- 2 tablespoons chopped parsley leaves, for garnish

### Baked Garlic Sweet Potato Fries

#### Directions
1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place potatoes in a single layer onto the prepared baking sheet. Add olive oil and gently toss to combine; season with salt and pepper, to taste. Place into oven and bake for 35-40 minutes, or until golden and crisp, tossing occasionally.
3. Combine sweet potato with garlic and Parmesan.
4. Serve immediately, garnished with parsley, if desired.

### Yogurt Dill Dipping Sauce

#### Ingredients
- 1 cup plain, non-fat yogurt
- 1 teaspoon lemon juice
- 1 garlic clove, minced
- ¼ cup fresh dill, chopped
- Salt and white pepper to taste (about ¼ teaspoon each)

#### Directions
1. Combine ingredients in a small bowl and keep refrigerated until serving time.