

Creative Cooking

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SEASON 3 EPISODE 7 SNACK ATTACK



SWEET POTATO FRIES & CHIMICHURRI SAUCE

INGREDIENTS

- 2 large sweet potatoes cut into steak fry portions
- 1 clove of garlic, minced
- 1 tsp smoked paprika
- ½ tsp salt
- 1 tsp marjoram or oregano
- 1 Tbsp nutritional yeast flakes

INSTRUCTIONS

Wash potatoes well.

Cut potatoes into steak fry shapes, maintaining the skins.

Place in a bowl and sprinkle with seasonings and toss to coat well.

Place fries in the air-fryer at 370° F for 10-12 minutes.

Remove and serve with **Chimichurri Sauce**. Enjoy!

CHIMICHURRI SAUCE

INGREDIENTS

- 1 bunch fresh cilantro or 1 cup packed
- ½ cup fresh flat-leaf parsley, packed
- 2 tbsp fresh oregano (about 3-4 sprigs, leaves released)
- 2 tbsp fresh basil
- 3 large garlic cloves
- 2 tbsp fresh lime juice (about 2 juicy lime)
- ½ small avocado
- 1 Tbsp apple cider vinegar
- ¼ cup water
- ½ tsp salt
- 1 tsp crushed red pepper (optional)

INSTRUCTIONS

Place all ingredients in the blender and blend to your desired consistency. Serve at room temperature and enjoy!

GUACAMOLE AND BLUE CORN CHIPS

INGREDIENTS

- 2 ripe avocados
- 1 fresh garlic, minced
- ¼ cup red onions, finely diced
- ½ cup fresh cilantro, chopped
- ½-1 tsp smoked paprika
- juice of 1 lime
- salt to taste

INSTRUCTIONS

Mash avocado in a bowl.

Add garlic, onions, cilantro, paprika, and lime juice and stir to blend well. Salt to taste.

MOVIE TIME POPCORN

INGREDIENTS

- 1 Tbsp coconut oil
- ¼ cup organic popcorn seeds
- 1 Tbsp nutritional yeast flakes
- 1 Tbsp ground garlic
- 1 Tbsp smoked paprika
- ¼ tsp salt

INSTRUCTIONS

Put coconut oil in a medium sized pot along with organic popcorn seeds. Cover and cook on medium heat until the popcorn finishes popping.

Place popcorn in a separate bowl. Season with nutritional yeast flakes, ground garlic, smoked paprika, and salt. Enjoy!