

Cajun Yam Chips/Cooling Dip

Makes: 6 Servings

Ingredients

5 Medium Yams
2 **tablespoons** vegetable oil
1 **teaspoon** cajun seasoning (1-2 tsp)
1/2 **cup** plain yogurt
1/2 **cup** mayonnaise
1 **tablespoon** Shallot or Onion Minced
1 **teaspoon** Beau Monde Seasoning

Directions

1. Preheat oven to 375°F. Wash and dry yams, leaving skin on.
2. Brush half sheet pan with 1 Tbsp. vegetable oil.
3. Slice yams into 1/4"-1/3"• slices at a diagonal and place on to pan.
4. Brush the tops of yams with another 1 Tbsp vegetable oil.
5. Sprinkle ½ -3/4 tsp Cajun Seasoning onto yams, evenly
6. Bake at 375°F for fifteen minutes, until tender to the touch
7. Serve hot or cold with the dip on the side
8. Dip Preparation: Mix yogurt, mayonnaise, seasoning, and minced shallot or onion together, well. Refrigerate until use.

