

Jackson Style Sweet Potatoes



Discover our flavorful recipe for Jackson-style Sweet Potatoes, a bold fusion of sweet and spicy flavors. Learn how to create this iconic dish and treat yourself to a unique culinary experience.

Preparation 5 min
Cooking 25 min
Servings 4
Nutrition Facts (per serving)
Calories 240
Fat 7
Carbohydrates 35
Fibre 1
Protein 9
Sodium 235

Ingredients

- 1 large sweet potato (about 540 g), peeled and sliced into rounds
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) paprika
- 250 ml (1 cup) low-fat mozzarella cheese, grated
- 3 slices (36 g) prosciutto
- 2 green onions, chopped

Spicy yogurt sauce

- 45 ml (3 tbsp) plain Greek yogurt 0% m.f.
- 5 ml (1 tsp) olive oil
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) sriracha
- Pepper and salt to taste

Preparation

1. Preheat the oven to 450°F (230°C).
2. Place the sweet potato slices on a baking tray lined with parchment paper or a silicone mat.
3. Using a brush, spread olive oil evenly over the sweet potatoes and sprinkle with paprika. Bake in the oven for 15 minutes.
4. Remove the potatoes from the oven and garnish evenly with shredded prosciutto. Garnish with cheese, then broil in the oven for 10 minutes or until the cheese is golden.
5. In the meantime, in a small bowl, combine all ingredients for the yogurt sauce. Set aside.
6. Once cooked, garnish the sweet potatoes with chopped green onions and spread the yogurt sauce on top as suggested.
7. Serve as a side dish to a protein at a meal or as an appetizer.

Notes

Can be kept 3 days in the refrigerator.



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